

NO INHIBITIONS

# HE & E

Vol. 99 NO. 1 JANUARY 1998 U.K. £2.60 CAN \$7.50

**NAKED HOLIDAY SPECIAL**  
*don't plan yours without us!*

**FANTASY ISLANDS -**  
*Skiathos and  
Formentera*

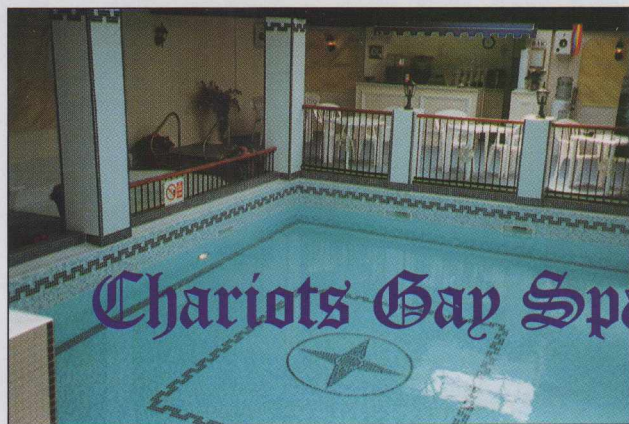
**Juggle your  
way to  
total  
relaxation**

# HAPPY NUDE YEAR!!

**MAKE '98 YOUR  
BEST NAKED  
YEAR**







## Chariots Gay Spa

Chariots is the most luxurious gay sauna in Europe.

Beautiful Roman Style swimming Pool

2 x 20 man Saunas 2 x 30 man steam rooms

2 huge jacuzzis Floatation Tank

Gymnasium Sunbeds Private rest Rooms

Snack Bar TV Lounge with Giant TV Screen

### Opening Times:

Monday - Thursday 12 Midday - 12 Midnight

Friday and Saturday All-Nighters 12 Midday - 9am

Sunday 12 Midday - 2am

Café Bar Opening September

**201-207 Shoreditch High Street**

**London EC1 6LG**

**Telephone 0171 247 5333**

## Rio's Naturist Spa

*London's most popular naturist spa*

2 x Large Jacuzzis

2 x Finnish Saunas

2x Steam Rooms

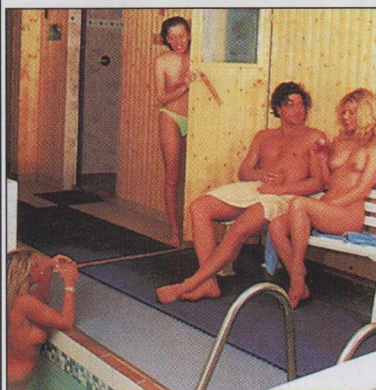
Swimming Pool

Plunge Pool

Secluded Gardens

Conservatory

Sunbeds & Massage



*Luxurious and friendly tropical surroundings.*

*Mixed sessions 7 days*

*Couples only Saturdays*

*8pm - Midnight.*

*No membership.*

*Send SAE for full*

*Colour brochure.*

*Open All Night*

**239/241 Kentish Town Road London NW5 2JT**

**0171 485 0607**

**OPEN 7 DAYS A WEEK  
- ALL YEAR ROUND**



### INDOOR

Swimming Pool

Spas, Jacuzzi & Hydro

Steam/Sauna

Sunbeds/Mini-gym

Massage/Aromatherapy

Silverleigh Shop

Snacks/Meals always available

### OUTDOORS

Gardens/Sunbathing/

Table Tennis

As well as day visits,

you can *stay at*

*Silverleigh* from £27.50 per room per night

### Weekend Package

£69.00 per couple

includes use of all

facilities (incl. sunbed and 2 meals a day)

Double bed, colour TV

Optional ensuite bathroom

**We accept VISA, ACCESS and AMEX**

**Ring: 01474 853438 to book accommodation**

## SILVERLEIGH

### MEMBERS AND VISITORS WELCOME

WEEKDAYS 12 noon to 10 p.m. (Fridays Close

Midnight) - SAT/SUN 2 p.m. to 10 p.m.

**ALL SESSIONS - MIXED SEX**

(NO SINGLES FRIDAY EVENING & STRICTLY LIMITED NUMBERS SAT/SUN)

**SILVERLEIGH LEISURE CENTRE for NATURISTS**

**LONDON ROAD (A20)**

**WEST KINGSDOWN, KENT**

**(NR BRANDS HATCH)**

**RING 01474 853438 FOR FULL INFO**

Easy access for London, Surrey, Essex & Kent

From Junction 3 on M25, take A20,

in few minutes enter West Kingsdown

(we are 50 yards on left past 'Texaco' Garage)



# WE'RE NO TURKEYS!

**T**here's nothing as dull as that deflated feeling we all get after Christmas and New Year is over. Okay, so the mums out there are probably very relieved, but I bet even some of you are missing the family already. . . or maybe not.

Did you manage to have yourselves a naked Christmas or was it the last thing on your mind? I imagine for most of us the idea of sitting nude in front of the turkey (and your mother-in-law) would be more than enough to put you off your stuffing. But when all the guests have left, what better way to relax than to strip off in front of the fire and read January's H&E.

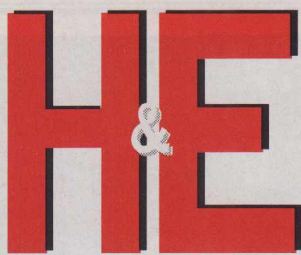
The best way to beat the winter blues is to plan your hols for '98. We have all the info on **naturist tour operators**, self-catering and hotels. For a taste of what's to come, escape with us to Skiathos, Formentera and France. Or if your purse can't stretch to the fantasy of a foreign holiday, experience some laid-back living in Wales.

If all that Christmas bingeing has turned you into a physical wreck, then you need to read our secrets to a hangover-free year (and it's not teetotalism!) And if the idea of going back to work gives you the shakes, we find out why city slickers are turning to juggling to keep themselves calm.

**HELEN  
LUDBROOK**







**NO INHIBITIONS**

Editorial Offices.  
New Freedom  
Publications Ltd.  
Bow House Business  
Centre, Bow Road,  
London E3 2SE  
We do not receive callers.  
For any enquiries relating to  
book, subscription and video  
orders, phone **H&E**  
International Marketing on the  
above number

## FEATURES

### 14 GET FRESH - TASTE THE EXOTIC!

Expand your culinary horizons  
**Christine Simpson**

### 34 PLAN YOUR HOLS WITH US

The H&E guide for all your naked travel  
**Katrea Somerville**

### 46 SUNLOVERS CAN BE FUNLOVERS!

Lounging about at Llywnteg  
**Jon Williams**

## REGULARS

### 8 ACCESS ALL AREAS

Letters, experiences and photos

### 26 THE NO-CLOTHES ZONE

Readers in the frame

### 40 EXPOSED!

Naked scandal

### 65 DIANA AND GEORGE

Someone who'll listen

### 70 SUN, SEA AND FUN...

In south-west France

## TRAVEL

### 4 THIRD TIME EXTREMELY LUCKY

Greek Skiathos - why you'll keep  
coming back  
**Jill Bowen**

### 20 FANTASY ISLAND

Photo shoot on fabulous Formentera  
**Charlie Simonds**

### 60 NATURE'S BEST-KEPT SECRET

France's natural treasure for the naked  
**Mike Gregor**



Australian beach life

## HEALTH

### 32 HEALTH BITES

Tips for the fit

### 42 THE MORNING AFTER HAS NEVER FELT SO GOOD!

Over-indulge and feel great  
**Christine Simpson**

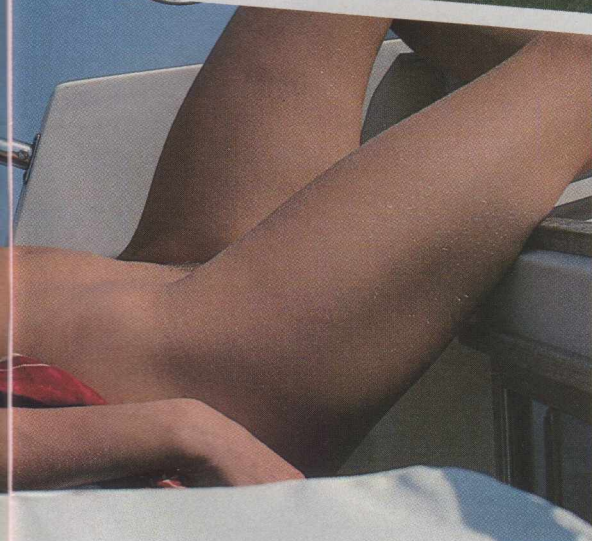
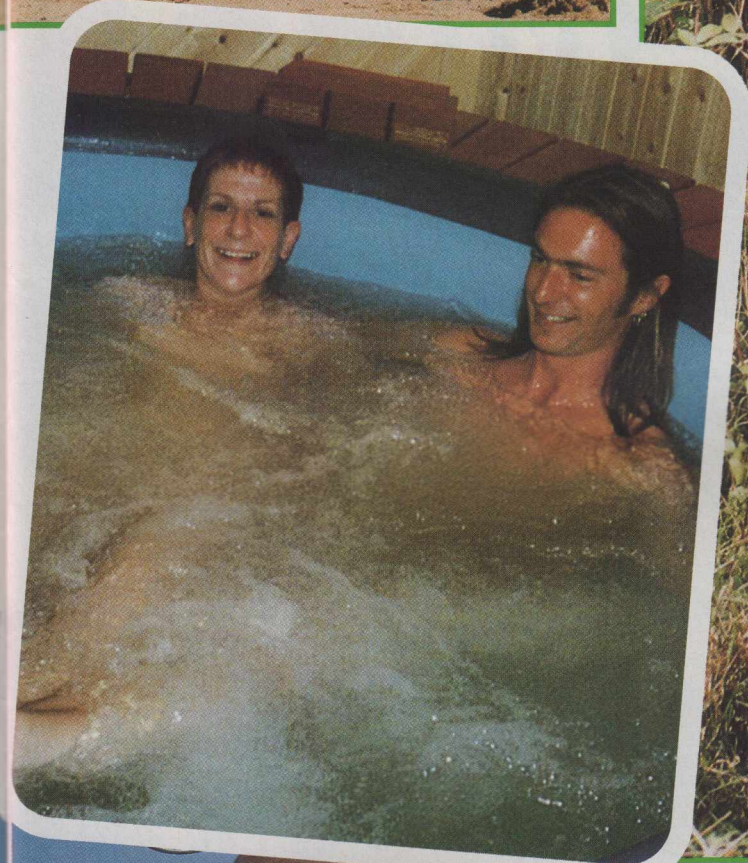
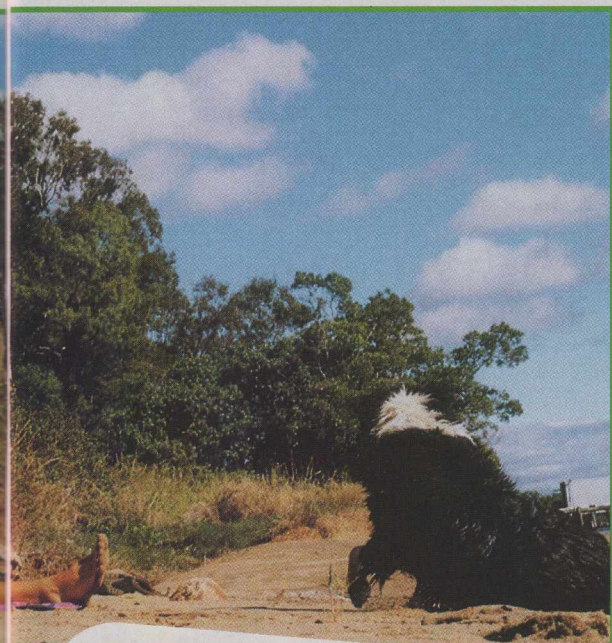
### 64 HAVE YOU GOT THE BALLS?

Juggle yourself to stress-free living  
**Mark Carlton**



Formentera: the fantasy isle





**EDITORIAL DIRECTOR** Helen Ludbrook **PROJECTS DIRECTOR** Jane Hendy - Smith  
**ART EDITOR** John Clement **ADVERTISING CLASSIFIED** 0181 980 8380  
**ADVERTISING DISPLAY** 0171 434 1014 **EDITORIAL** 0181 983 3011 **MARKETING** 0181 983 9969

#### THE 98th YEAR OF CONTINUOUS PUBLICATION

Health and Efficiency was established in 1900 and has incorporated Sunbathing Review and Vim. The magazine is entirely independent. We think bodies are wonderful! And everyone has a right to enjoy a naked lifestyle whatever their age, size, or sexuality. We reflect the wonderfully diverse ways people take pride in their bodies and what nudity means to them.

From health, body-art and relationships to everyday club and beach life, there's always something new to hear about.

This periodical is sold subject to the following conditions, it shall not, without the written consent of the publishers, be lent, resold, hired out or otherwise disposed of in a mutilated condition or in any unauthorised cover by way of trade, or affixed to or as part of any publications or advertising, literary or pictorial matter whatsoever.

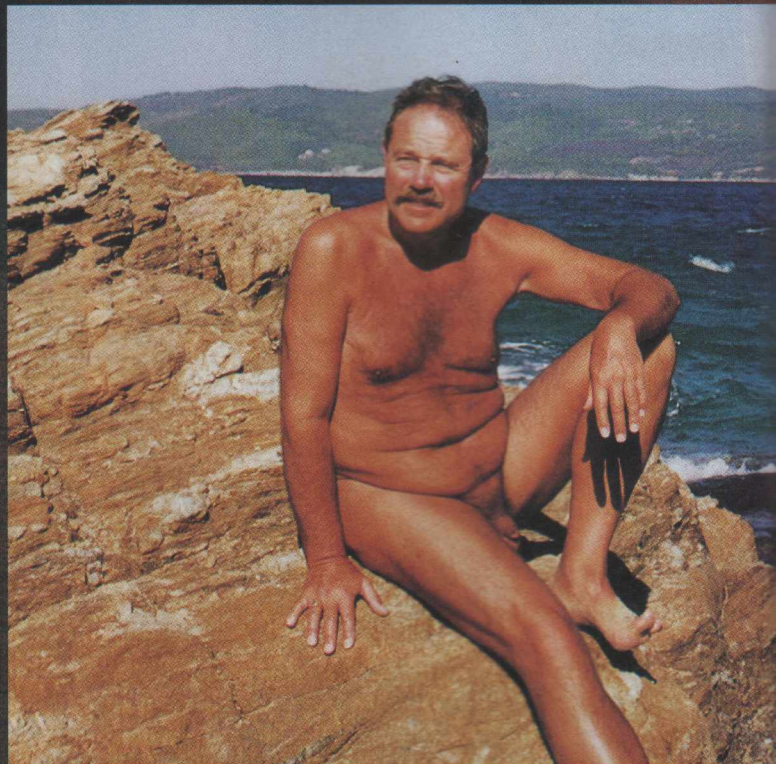
The opinions expressed in literary contributions are not necessarily those of the editor. All contributions including photographs, are submitted at the owner's risk and whilst every care is taken, neither the publisher nor its agents accept any liability for loss or damage.

Distributed by MMC, Octagon House, White Hart Meadows, Ripley, Woking, Surrey GU23 6HR Tel: 01483 211222 Fax: 01483 224541

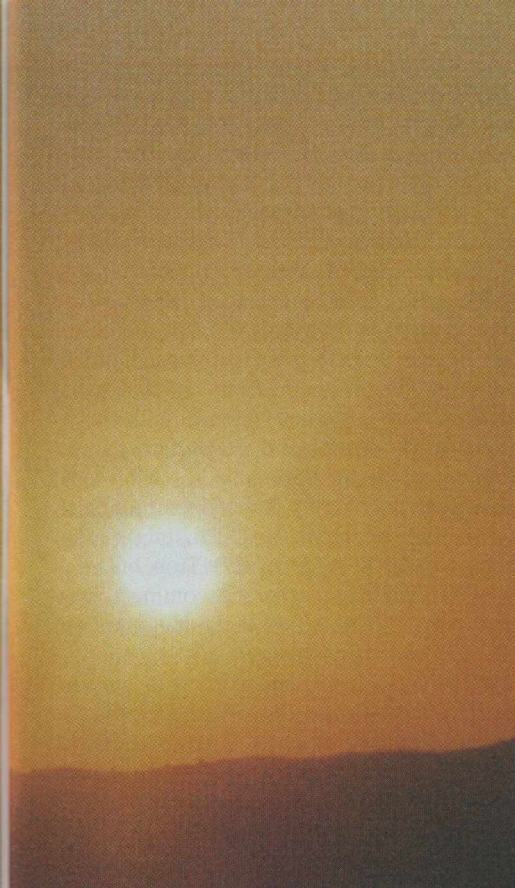
All news items are published in good faith. However as regards content and accuracy we are reliant on information which we receive from contributors. In the event of any error we will endeavor to publish a suitable correction in the next issue following the matter being brought to our attention.



# THIRD TIME EXTREMELY LUCKY







## Jetting off for a third holiday on the Greek island of Skiathos, Jill Bowen was anxious she'd made the right choice

**B**ut there was even more to experience on this piece of heaven, providing some very fond memories. . . and some extremely sad ones. Before we set out on our third holiday to Skiathos, we'd decided that, although our last two holidays on this little bit of paradise had been excellent, this would be our final trip there. After all, there's a big wide world just waiting to be explored, and we would give it a miss for a year or two and go somewhere different. So have we changed our minds and like migrating birds be returning for 1998, or will we be looking for beaches new?

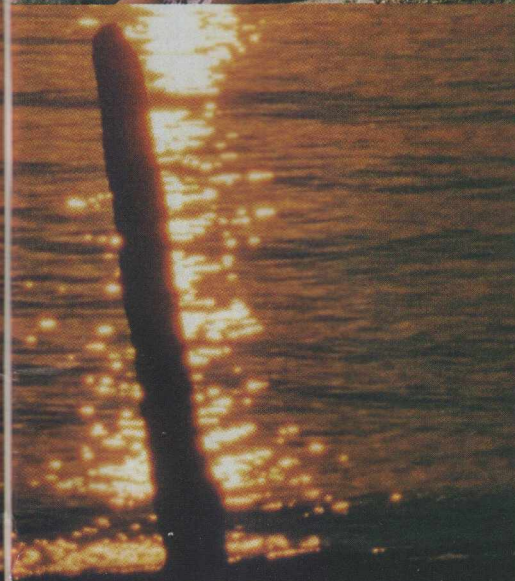
The three-and-a-half hour flight found us relaxing and anticipating our arrival on this small verdant island with increasing pleasure. We had already decided where we were going to eat on our first evening, and that we would go on an excursion to Delphi, also take the "lazy day" cruise around the island to see it from a different perspective.

I awoke next day feeling tired but relaxed, looking forward to spending a day on the beach. My eyes felt incredibly heavy, especially the right one - I could hardly open it. When I looked in the mirror I realised why! I had used mosquito repellent before I went to bed, but not on my face. During the night one of these delightful vampires had bitten me on my eyelid and my eye had completely closed! Malcolm promptly christened me Cyclops, and on the advice of our tour rep we got the bus into Skiathos town to get help from one of the excellent pharmacists (who are able to issue prescriptions over the counter). He sold me a course of strong anti-histamine tablets and some ointment - and in a couple of hours, thank goodness, my eye was opening. A lesson to be learned here - apply mosie repellent all over when in mosie territory!

Last year we used the far end of "Big Banana" which was totally naturist. However we found that at the end of August '97, textiles had encroached on this part of the beach. As we would rather be on an all-naturist beach, the next day we added an extra few minutes to our walk and headed for "Small Banana". I'm pleased to report that this is still totally naturist and we felt far more relaxed being in the company of like minded folk. My boss had actually asked me if the size of male "appendages" determines whether they should use big or little Banana. . . I was able to reassure him that, so far, there is no EEC directive on this matter!

The weather was glorious with bright blue skies and a royal blue sea. The taverna on Little Banana was still being run by an English woman and her Greek husband - again we had their precocious little daughter running around the beach.

Banana beach is a naturist beach for true naturists. No posers, just folk who enjoy relaxing in the sun in their ➡





# **Naturist beaches and clubs in Europe**

**0891 805 433**

All calls are charged at 50p per minute at all times.

Calls must be made from a push button phone and users must be a minimum of 18 years of age.



birthday suits. However, this year, during our second week, two couples arrived, who, I think, came from the US of A. One man was probably in his late forties and the other seemed a little older, both wore large Stetsons. Their other halves who were - although appearances can be deceptive - in their mid-twenties, wore the shortest of skirts or shorts, and sported sun visors, the type worn by card players in the old west, and thick gold chains around their waists. Both girls had the most amazing "Baywatch" type bodies - nothing moved or jiggled when they walked, jogged, or lay down! Each afternoon the girls paraded up and down the beach, to do this they wore costumes which from the back looked like G strings. The front just covered their pubes, and attached from the minuscule bottom halves halter tops of two thin straps which only barely covered their nipples! These were patterned in stars and strips. This might look great in the evenings at Cap D'Agde, or at St Trop, but on a naturist beach in Greece? My husband's comment was "How nice it is seeing fathers taking their daughters on holiday." And they say women are bitchy!

Having spent a few days relaxing and working on our sun tans it was time for our first trip - this one to Delphi. An early start - the coach picked us up at 7.10am - for the journey to Skiathos port to board a "Flying Dolphin" (hydrofoil). The crossing took about one and a half hours, enabling us to see the coastline of various islands and glimpses of the mainland of Greece.

At Konstaninos, air-conditioned coaches were waiting to take us on the two hour ride to Delphi. The initial part of the journey was through fairly flat farm land, we then stopped for what the tour guide coyly called a comfort break. Relieved and refreshed, we continued our journey climbing slowly through spectacular countryside. At the summit of our climb was a beautiful little town named Arachova. Being the end of August it was bathed in sunlight, it was difficult to imagine what it must be like in winter when it becomes a ski resort.

We could see Mount Parnassos in the distance and a few minutes descending drive beyond that, the fantastic archaeological site of Delphi came into view. I won't even try to give you a full history lesson, but Delphi is the site of the Oracle and the ancient Greeks considered it to be the centre of the earth. It's certainly worth a visit, the views are breathtaking and the remains fascinating. After walking around the site we were taken to a taverna for lunch and then on to the small Delphi museum. A long day, but highly recommended.

If you have the energy after a long day sun bathing, it's worth taking a stroll to Agia Eleni beach (the road is next to the Golden Beach Hotel at Koukounaries) to watch the sunset. There are a couple of Tavernas here, we bought a bottle of wine, sat down, relaxed, and enjoyed watching the sun sinking slowly over the hills on the horizon. The downside to this stroll is that you have to walk by the tip (you don't actually see it thank goodness) where the local refuse lorries unload their noxious cargo of human waste! Just breath deeply and hold a hankie over your nose, it is, I promise you worth the walk when you arrive.

Our second trip was taken on the second Sunday of our holiday - the "lazy day" cruise around the island - it was splendid. However, it did have a very sad conclusion. To start on a happy note, we left Skiathos town on the Sporadies Express at about 9.30 am and sailed anti-clockwise around the island. It was lovely seeing Skiathos from the sea, it gives a totally different perspective of the shoreline. The first stop was the white pebbled beach at Lalaria where the sea is a brilliant, clear, pale blue as it washes over the pebbles.

Back on board and the next stop was the tiny beach below Kastro which was the original fortified capital of the island.



As I'm built for comfort, not speed, I sat in the shade along with similarly less agile folk, while those who are mountain goats climbed up to the ruins. I am assured by those intrepid mountaineers who made it to the top that it was worth the climb, as the views are magnificent.

We clambered on to the boat once again and set sail, passing beautiful deserted beaches which are only accessible by boat or a hired moped. The next point of call was the lunch stop, the beach and taverna you visit is dependent on the wind and tide, but you have about an hour to enjoy a leisurely meal or to just soak up more sun.

Onto the boat once again and we sailed past the two Bananas. It did seem very strange looking at the naturist beach from the outside in and listening to the various comments which were being uttered by our textile fellow travellers! Then on to an uninhabited island for the final stop of just over an hour where there is a shingle beach for those who want it, or a stroll up into the deserted hillside were Malcolm promptly took his clothes off! At about 4.30pm we re-embarked for the final short journey back to Skiathos port.

As we were getting off the boat our tour guide - who had helped to make our day very pleasant - then told us the very sad news she had heard on the radio that morning. Princess Diana had been killed. None of us could believe what we were hearing. Back at our hotel I tuned into the world service on the radio I always take on holiday and, of course, it was true.

The next day on Small Banana it was the sole topic of conversation, English newspapers were soon sold out as we all wanted the latest news. People of all nationalities, colour and sexuality were talking to each other. Whether this was the case on the textile beaches I don't know, but most naturists are very friendly and this tragic event certainly brought people together. I know that Malcolm and I have always been a little bit wary of people who don't live as conventionally as us, but the grief and sorrow broke down barriers in a way I didn't think was possible, and I'm sure that we all learnt a lesson in tolerance and compassion, especially on Banana.

Will we go back next year? The answer is a resounding yes, during a few days on the beach we made so many new friends united by sadness we all want to meet up again in happier times. ■■■





ACCESS  
ALL AREAS

Share with us *your* news, views and pics -  
the chance to connect with your kind of people!

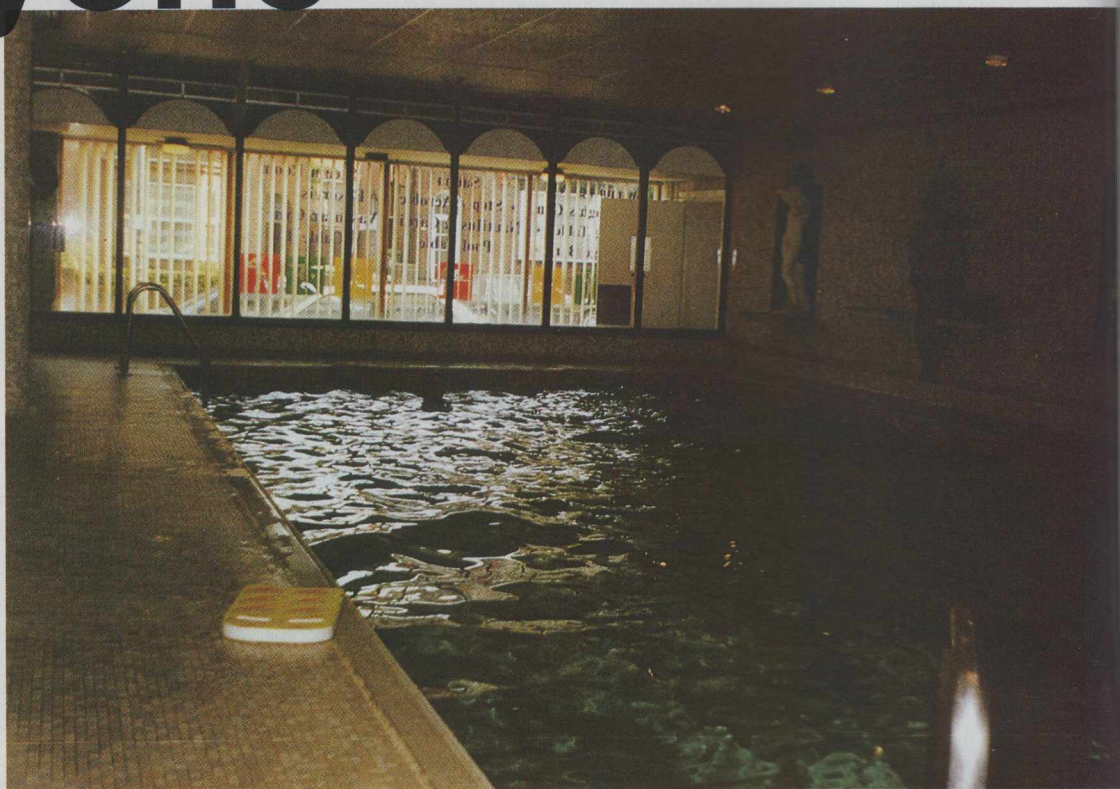
Tired of being refused entry to naturist facilities? Then relax in the warmth of The Solent Health Club with Larry Keane

# Solent welcomes everyone

If you enjoy visiting Studland naturist beach, you will have seen the Haven Ferry shop at Sandbanks, near the ferry. Most people get to know of Southampton's Solent Health Club naturist evenings from an advert in this shop. The card reads: "All over 18s welcome". Recently, I took them at their word and decided to check out the club.

"In my club there's no discrimination against single people," says Alan Cole who manages the naturist evenings. For me this was instantly refreshing as the world of naturism seems to be against so many people. The owner of one well-known naturist club infamously refused to admit overweight people. Presumably only beautiful people need apply!

Alan continues: "You find a gap between the young and old in naturism. Here we have a cross-section of ages and people. To begin with we attracted single males - but now we mostly have couples. You can go to my club, like Rios and Bristol Gardens, without being a member. At reception you give in your name and address. It's just for



insurance purposes only." And in return you get an elegant card - with "Naturally" printed on it, and a locker key.

Alan told me he started the Solent Health Club's "Naturally" naturist evenings in 1994. "I was working in Southampton and found there was no naturist activity there," he explains. "So I started the evening. It runs from 7.30pm

to midnight every Sunday throughout the year. To begin with we only got four or five people, now we get 30 to 40 people on a Sunday night."

I was warmly welcomed at reception by Carl who was extremely polite and helpful, and by Tracy, a young, attractive masseuse. She offers body massage, aromatherapy and sports massage. There is

no massage available from a male masseur.

"To come to the club," says Carl, "you don't need any specific membership of any national organisation. In the three years we have been having naturist evenings the staff have only twice had to ask a guy to leave.

"Some people have been members since the club began.



# NAKED LIFE - THE WAY YOU LIVE IT!

**It costs just £10 a couple to get in. Phone 01703 332851 for more details. Solent Health Club and Sports Centre, Kingsway Hall, Lodge Road, Southampton, SO2 0RF.**

## Not going so smoothly...

Six years ago The Smoothie Club was founded by an English couple to promote the smooth look and enable members to correspond and meet with other devotees. A year later it came to an end but another couple took the club over. In spite of the lack of organised activities, the number of members increased rapidly. There was a growing interest from other countries as well with many foreign members joining.

Members in the Netherlands founded a Dutch branch of TSC. After two years this branch decided to go independent. It was difficult to work out a formula acceptable to both the British and the Dutch organisation. A few months later some English members founded The Smoothie Club Leisure (TSCL), originally as part of TSC, but it soon became independent.

TSCL was formed with a view to hold get-togethers for smoothies. In the same years, another English TSC member founded a smoothie club for the smooth and circumcised naturist. This club is called Smooth and Cut Naturist (S&CN). TSCL and S&CN continue with their activities.

The Dutch Smoothie Club has not suffered from any of the problems its counterpart in Britain has. We are welcoming members from all over the world.

Gerard Van de Weerd

People come from quite far - Camberley, Portsmouth and Bournemouth.

"The floor space is open for naturist use except for the very large fitness area on the top floor. Of course the club is available for non-naturists every day."

After I'd signed in, Tracy showed me to the changing rooms. On the way in we passed through the lounge where you can have a drink, snack or play pool. There's also a large cable TV and comfortable settees. In the changing rooms there are lockers, hair driers and changing cubicles if you need them.

The pool is nice, if a little small and only 4.8 feet in depth. At the head of the pool is a spa bath which seats about six people. When I joined them the conversation was about what you'd expect among men at any leisure centre - sex and cars. The people there did seem a younger set than you would get in many naturist facilities. A steam room, sauna and sunbeds are also available.

Alan Cole radiated a constant good-natured enthusiasm for naturism and he and his staff reminded me naturists are some of the friendliest people you can meet,



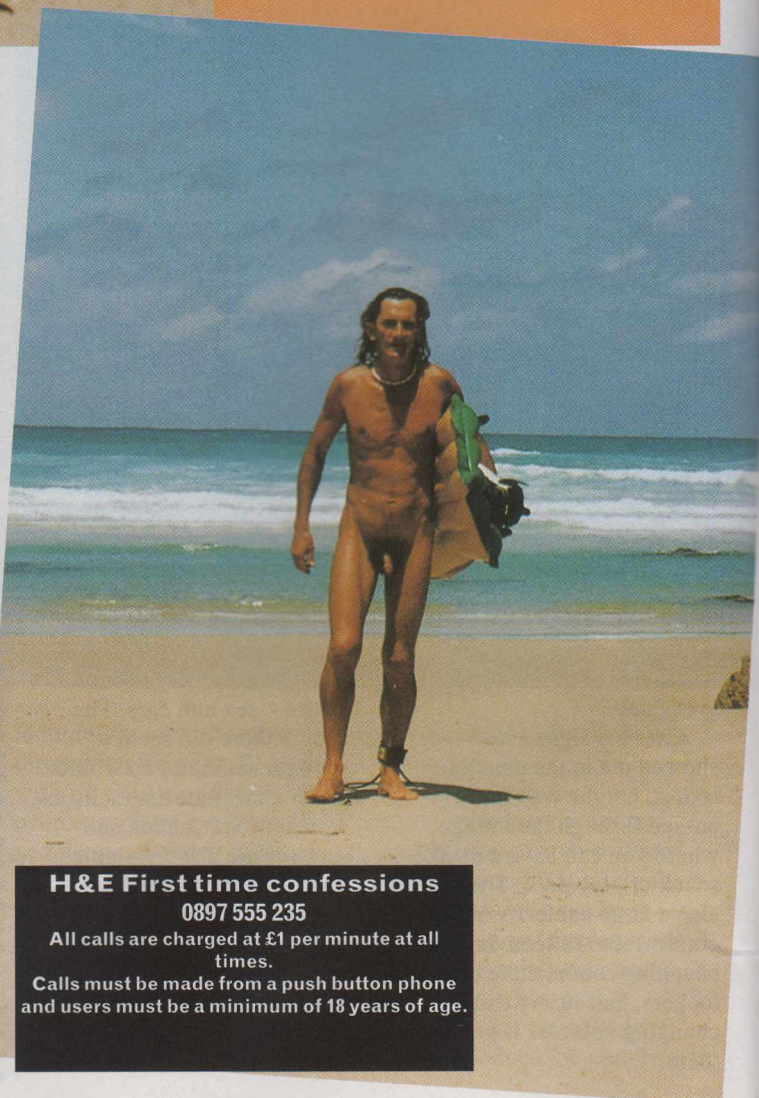
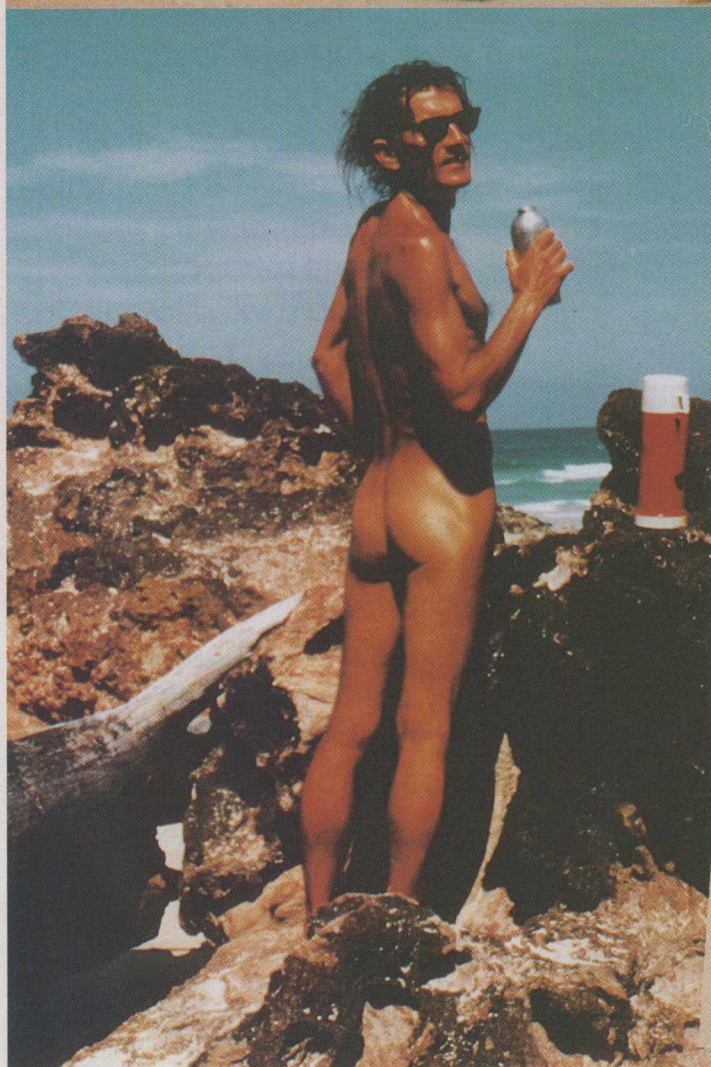
# NAKED LIFE - THE WAY YOU LIVE IT!

## Right royal farce

These photos were taken at a lookout at Stradbroke Island which was named by Captain Cook who sailed past here in 1770.

I am the new president of the Free Beach Association of Queensland, the unfortunate state of Australia where the Government has yet to decree any legal free beaches. It's ironic that Queensland is called "The Sunshine State". For countries where it rains or snows for nine tenths of the year it would still be a god-send to have legal, free beaches. But here with glorious beaches and sunshine for nine months of the year, our lack of naturist beaches is a complete farce of democratic living.

**Andrew Blackwell, Australia**



### H&E First time confessions

0897 555 235

All calls are charged at £1 per minute at all times.

Calls must be made from a push button phone and users must be a minimum of 18 years of age.



MANY PRICES LOWER THAN PREVIOUSLY ADVERTISED.

# Sunlovers *EMSDALE*.

1998  
sunshine at  
less than  
1997 prices!

**Cap d'Agde by coach - and children go free! Insurance included.**  
**What you see (below) is the total you pay for a two week holiday!**

*You take the Harris Chartered Coach from London Victoria at 14-45 on Friday, then go via the Dover/Calais ferry directly to naturist Cap d'Agde, arriving 09-30 on Saturday. You have breakfast on arrival and then 14 nights at the resort. You leave late afternoon on Saturday and arrive Victoria at 11-00 on Sunday. Your holiday starts and finishes with full days at the resort.*

\* Rates are below 1997 prices and include travel insurance

\* First two children - under 18 - free.

\* Additional children - £90 each.

\* Additional adults - £90 each.

**JUST CHECK!** *Coach holiday prices include;*  
Transportation directly to Cap d'Agde naturist resort  
Self-catering accommodation  
Zone entry (INF card not required) Utilities and taxes  
Free use of pool  
Weekly bed linen and small towels  
Services of our representatives and club-house, open daily;  
Breakfast on arrival.  
AND insurance included!

## Accommodation

The numbers - 2, 4, etc refer to the sleeping capacity and the letters "N" and "S" to the aspect - north or south facing, these are often approximations. "P" accommodation faces the naturist harbour. First timers to the resort should be aware that the studios and apartments are best described, by modern standards, as basic. But it is adequate. All accommodation has a terrace, or patio, or garden. All are equipped with wc, shower, fridge, heater, electric hobs, crockery and glasses, cutlery, a kettle, pots and pans. Water, electricity, linen and hand towels are free. Large towels are not provided.

## Share accommodation

This arrangement is for up to four gents sharing in one of the large apartments. You get your own bed or adult sized bunk, but there is little privacy.

N.B. These are TOTAL prices (not each) for TWO persons only in an apartment Accommodation (see notes)								Special prices for singles		
	2N	2S/P	3S	4N/P	4S	6	Villa	2N Share	2S/P sole use	2S/P sole use
June 12th	640	692	712	732	758	836	860	341	443	474
June 26th	696	752	774	780	816	892	918	386	530	569
July 10th	820	878	900	914	958	1070	1126	450	656	710
July 24th	920	980	1008	1022	1070	1206	1248	479	709	768
August 7th	882	942	966	1000	1048	1180	1220	466	687	743
August 21st	702	756	778	794	820	934	944	370	532	585

Other dates, types of travel, destinations, much more - ring our brochure line on 01708 476788 any time.

## BOOKING FORM.

Travel date \_\_\_\_\_ Join coach at \_\_\_\_\_ Accommodation type (see codes) \_\_\_\_\_

All names and ages - if under 18 or over 65.

Party leader \_\_\_\_\_

Address \_\_\_\_\_

Next \_\_\_\_\_

Next \_\_\_\_\_

Next \_\_\_\_\_

Next \_\_\_\_\_

Next \_\_\_\_\_

Telephone no \_\_\_\_\_

Signature \_\_\_\_\_

I enclose my cheque for £60 per adult (made payable to Sunlovers Emsdale Trust) OR I wish to pay by credit card, my number of my card is \_\_\_\_\_ expiry date \_\_\_\_\_ (I understand a surcharge of 1.5% must be charged on credit card payments.)

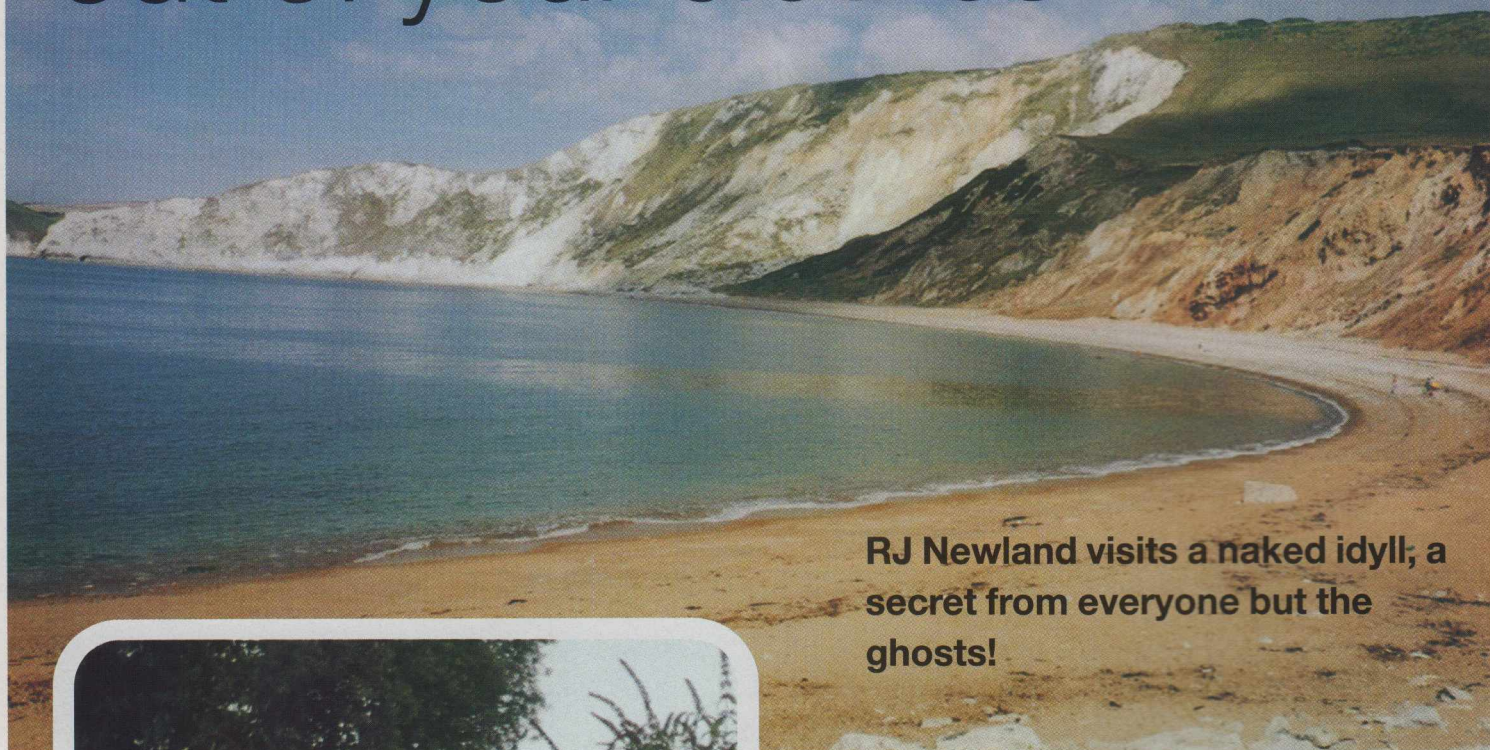
**Now send to Sunlovers Emsdale Ltd, 16A North Street, Hornchurch, Essex RM11 1QX.**

All coaches are non smoking. You may join at London, Gants Hill, Medway Services or Dover. A copy of the booking conditions will be sent with your confirmation and you may cancel and have your deposit returned within 10 days. Full consumer protection and guaranteed no surcharges.

You may photocopy this form or page if you do not wish to cut your copy of H & E magazine.



# Step back in time and out of your clothes



**RJ Newland visits a naked idyll; a secret from everyone but the ghosts!**



**A**long Dorset's Purbeck coastline, between Kimmeridge Bay and Lulworth Cove near the village of Tyneham, is wonderful Worbarrow Bay. This most beautiful part of Dorset is owned by the Ministry Of Defence and is within army ranges. It's only open to the public during school summer holidays and some weekends in the rest of the year.

The MOD evacuated the whole population of Tyneham in 1941 and they were never allowed to return. Consequently, most of the buildings have fallen derelict and lie in ruins, but the school and church have been restored to serve as a memorial to this dead village.

Just a short walk from Tyneham along an unmade road is Worbarrow Bay. To the east is the volcano-like Worbarrow Tout which is most popular with the energetic as it offers spectacular views. However, the west end of the beach is less busy and offers peace and quiet.

It is here, local legend has it, that during the 17th century a smuggler was startled by a group of revenue men. In a vain attempt to escape, the smuggler waded out into the sea where in the still water he was stoned to death. What's more, it's said his screams can still be heard on the nights of the waning moon.

However, I wasn't seeking out ghosts the day I visited Worbarrow Bay. It was a bit of nude sunbathing and some skinny dipping I was after! When I got there I found the beach almost empty apart from a small scattering of textiles. I walked west along the beach before stripping naked and taking a quick dip in the sea, after which I stretched out on the pebbles for the rest of the morning. It was wonderful!

Apart from the Tornado jet shattering the tranquillity, the whole atmosphere of this beach was incredibly relaxing. Sadly, I was the only nudist. But Worbarrow Bay has excellent opportunities for nautrism. It was a truly wonderful discovery!



# NAKED LIFE - THE WAY YOU LIVE IT!

## BURNING ISSUES

Just listen out at the club or the beach and hear the exciting and diverse opinions on naked living. At **H&E** we know our READERS aren't ones to keep quiet, so we want to hear your views on a range of controversial topics. As well as printing the usual things that get you **STEAMED UP**, each month we'll put forward an issue of our own and ask you to send us your advice, **OPINIONS** or response. Come on, get writing; let those **SPARKS FLY!**

**Our Burning issue this month is . . .**

Is male circumcision a barbaric and outdated practice that has no more place in our society than female circumcision?

### Infant Circumcision

At the beginning of last year features in **H&E** and other magazines highlighted the growing movement against infant circumcision. Many men grow up to be severely traumatised by the removal of their foreskin or at the very least are resentful of the diminished sensitivity having no foreskin gives them.

In America this "operation" is performed as a matter of course, often without any medical reason at all. The child has no say in this life changing event with little hope of reversal.

This brutality must stop now. Wait until your son is old enough to make up his mind before you commit him to a potential life of suffering.  
**TW, London**

### Foreskin

I had my foreskin removed at the age of 22. It has always felt "wrong", it was too tight and gave me pain. Now I feel much more comfortable during sex and think my penis looks a lot more attractive.

This operation has enhanced my naked lifestyle as my genitals look cleaner and more defined. I have noticed some loss of sensitivity but my new look compensates for this. I only wish my parents had removed it at an earlier age as I believe the procedure wouldn't have been so painful.  
**JET, Devon**

**If you feel unhappy about your circumcision contact Norm U.K at PO Box 71, Stone, Staffordshire, ST15 0SF, who offer support and advice.**

### Body art - the oldest form of naturism?

I'm writing in reaction to a "Burning Issue" you featured in **H&E** last year. As a couple who depilate and are pierced we take offence to the terms used by your correspondent, "no social justification", "pure exhibitionism" and "sounds like an excuse and damages the body".

Let's be honest, in the evolution of mankind, body hair has disappeared over the millennia and in the next few thousand years all armpit hair and pubic hair will naturally disappear. So we believe our desire for a healthy, clean and practical body is as natural as can be!

As to the argument that piercing damages the body, is the writer demanding all those ladies with pierced ears should be pilloried? The earlobes, nostrils and navel are all areas of naturally evolved smooth flesh which have been adorned for many years by millions of people or all races.

The natural progression for those who depilate to decorate the labia and scrotum in

a way we feel is attractive is not guilty of any of the accusations levelled at it by your writers.

**RD, Swansea**

### A softer approach

Brighton Beach may be all that **PB** claims in last September's **H&E**, especially if you enjoy pebbles. For a quieter place devoid of houses, with acres of space and warm soft sand, go to the west of Camber Sands with Rye Golf Course behind you. A natural place in all senses!

**PA, Herts**

### Freaked out

With reference to the "Burning Issue - Hairfree Freaks" in November's **H&E**, I think **TC** of London is being very unkind to those of us who practice depilation by calling us "freaks" and before he calls us names I suggest he tried depilation for himself.

If he does he will find that the art of depilation itself is very erotic and pleasurable and that

afterwards will find the smooth look and feel very pleasurable. **TC** will also find that those who depilate themselves are very proud of their bodies and not "freaks".

**AR, New Milton**

### Penguin fake - shock!

In reference to the picture of the "impossible bird" shown in October's **H&E**, I could provide some answers. There are several species of bird found around our shores that, at a cursory glance, resemble penguins. The razorbill and guillemot both have white fronts and dark backs and also stand like penguins. The Manx shearwater has similar colouring but usually rests with the body horizontal.

Although the photograph doesn't show the bill clearly, the bird appears to be a guillemot as the razorbill isn't usually found on the eastern half of the coast. It's difficult to see the feet but they certainly are not those of a penguin.

**IH, Devizes**

Send your photos, letters, and experiences to **H&E**,  
**Bow House Business Centre,**  
**Bow Road,**  
**London E3 2SE**

### PHOTOGRAPHERS' MODEL RELEASE FORM

I hereby give permission for any photographs taken of me by  
(Your Name) .....

on/between (dates).....

at (locations) .....

to be published in any edition of **H&E** magazine.

Signed.....


Name.....

Address .....

Signed your name).....

**To be sent with any photographic submissions**





**When it comes to choosing fruit and veg, most of us are pretty unimaginative. Christine Simpson says it's time we were as experimental with food as we are with our bodies!**

**Get fresh  
- taste the**



According to the food experts, we should all try to include at least five portions of fresh fruit or vegetables in our diet each day - but how many of us do? Perhaps you just can't stand the bland taste of cabbage or detest the smell of cauliflower emanating from the kitchen and are sick of munching through apples while oranges seem to have lost their appeal.

But in truth you don't have to stick to eating the same foods. Have you ever tried eating kiwi fruit or serving boiled yams with the Sunday roast? After all, variety is the spice of life.

Just take a look in the grocery department of any high street supermarket and you will be surprised to find that more and more are beginning to stock a greater selection of exotic fruits and vegetables largely due to better motorway systems which make access to the continent easier. And so, if you have often wondered what passion fruit or yams really tasted like, you've no excuse. Why not give them a try? Who knows, you might even enjoy them. In order to give you a brief look at some of the fruit and vegetables you may well come across at your supermarket this weekend, read on.



## LIME

Sadly, the British are somewhat unimaginative when it comes to cooking with this citrus fruit, a great pity when you realise how versatile it is and used in many foreign dishes.

Visit Thailand and you may well find it included in soup, fish and meat dishes; many Indian recipes add lime to side dishes but if you really want to enjoy this fruit there is a South American dish called Seviche, cubes of fish which are cold poached in lime juice with a generous serving of tomatoes, onions and peppers placed on top - a meal fit for a king! But you don't have to go to such extremes. Iced lime tea is very refreshing, as is home made limeade served in a jug with crushed mint and a touch of sugar; lime can be substituted for lemon in a meringue pie and its fresh spicy taste can enhance the flavour of many fruits including banana, avocado and melon.

Furthermore, as well as being an ideal source of vitamin C, limes are excellent for anyone watching their weight with a small glass only containing 9 calories.

Buying - the large smooth skinned ones, deep green in colour and firm to the touch are the best buy. Once the skins begin turning yellow, be wary, they are past their best. Limes store well in the salad drawer of your refrigerator for several weeks.

## KIWI FRUIT

This small fruit which, on first appearance, resembles a hairy duck egg, has gained the respect of many people over the years. When you consider a single kiwi fruit is bursting with vitamin C, contains a healthy supply of potassium, is closely linked with lowering blood cholesterol levels and contains only a meagre 29 calories, its popularity is hardly surprising. When asked to describe the taste most people say it is a combination of gooseberry with a touch of banana, leaving a distinct aftertaste of grape or strawberry in one's mouth. It can be adapted to accompany many dishes, slices are frequently used to decorate cakes, puddings and flans; it's delicious added to a fruit salad and goes well with meat and poultry dishes, but if you really want to experience kiwi fruit at its best, then halve the fruit and scoop out the flesh with a teaspoon.

Buying - choose those which are firm and unblemished and when pressed gently feel soft. They will store for up to six months in a refrigerator.

## AVOCADO

Undoubtedly the world's most nutritious fruits containing a healthy supply of potassium, riboflavin, manganese and vitamins E, B6 and C, together with a high content of monosaturated fatty acids which in turn helps lower the cholesterol levels, this fruit also has a reputation of being the number one aphrodisiac fruit, despite there being as many as 400 calories in each one. Technically a fruit, although more generally served as a vegetable, avocado is luscious eaten raw; diced, and served in fresh salads; used in a sauce; halved and topped with cheese and even chopped onion and if you're feeling really extravagant.

Buying - those ready for eating should yield slightly when pressed. Don't buy any which are over-ripe, bruised skins can indicate black flesh, and a very glossy skin demonstrates unripe fruit.



# exotic!



## PASSION FRUIT

Don't be put off by the appearance of this fruit because each one holds a healthy supply of vitamins B2, B5 and C and a mere 13 calories. Once opened there lies within a sweet juicy flesh, light orange in colour with highlights of red and by far the most fragrant tasting of all tropical fruits. You can eat it on its own or with some sugar and cream to give it an extra pizzazz; as an accompaniment with ice cream; added to fruit salad, a sorbet, mousse even pavlova, the juice of passion fruit can transform a punch, or a cocktail into a drink which will seduce the taste buds.

Buying - buy those which are wrinkle free and smooth. They store well in the refrigerator.

*If you are looking to bring a touch of the tropics into your home then why not tempt the family with this fruity drink -*

**Passion Fruit Drink**

**12 passion fruits**

**1 cup water**

**Juice of 2 oranges**

**Sugar if required**

**1) Halve the fruits, extract the pulp and seeds into a saucepan.**

**2) Add the water, bring to the boil and simmer.**

**3) When cool, add the orange juice and sugar to taste.**

**4) Refrigerate until required**

If, on the other hand you prefer eating vegetables to fruit then there's always the following:

## GLOBE ARTICHOKE

An ancient vegetable and an excellent source of potassium and folate. No relation to the Jerusalem artichoke other than sharing the latter name. In Mediterranean countries they are very popular and served in a number of interesting ways; cold with a lemony flavoured mayonnaise or tartare sauce; hot with melted butter, or better still, a home made egg and lemon sauce poured over. And did you know that Henry VIII was quite partial to the odd artichoke? Doubtless because they are regarded to be an aphrodisiac.

Buying - the best to choose are those tightly closed and a rich healthy green colour, avoid those which are brown and rather dull looking.

## KOHLRABI

Pale green or purple in colour with distinct scars where the leaf stalks have been attached, the flesh is always white and crisp and when eaten raw tastes not unlike a sweet cabbage. Bursting with vitamin C, in fact it is said to have more of this vitamin than citrus fruits, it also contains potassium and fibre, calcium and minerals and if taken as part of a balanced diet can help keep blood pressure at a normal level. Kohlrabi is the type of vegetable which can be served as an appetiser, added to a salad, made into a soup or alternatively served stuffed in a cheese sauce.

Buying - as with many vegetables, the smaller variety are the better buy and if the leaves are still attached make sure they are green. Kohlrabi store well in a refrigerator in a plastic bag for several days but make sure the stalks and leaves are trimmed away. Some people even chop and cook the stalks in with the vegetable and then cook the leaves separately.

## CAPSICUMS

At one time you would only find red or green capsicums in the supermarket but now producers have developed a whole myriad of varieties; yellow, purple, black and even white. Generally the green ones taste slightly bitter with mild peppery undertones; the red taste sweet; the yellow are mild and sweet; the white are mild and the purple and black are sweet with a distinct bite to them. Low in calories, sweet peppers are a healthy source of vitamins A and C; the red having three times the amount of Vitamin A as the green and twice as much as a cooked green pepper. Capsicums are now more popular than ever, the ideal receptacle for stuffing with meat, rice or cheese, featuring all the important flavours and colours to liven up the dulllest meal. Green peppers are used extensively in Chinese cookery and in Japan they are pickled, grilled or fried. They can pep up Hungarian goulash, spice up a fish soup and make an attractive addition to salads.

Buying - choose those which are firm, bright and glossy. Providing they are kept in the cool they will last for a week but once cut deteriorate rather quickly.

And finally YAMS, of which there are three main varieties all with their own individual tastes. While the grey brown skin is rough and flaky, the flesh itself is white and sticky often turning soft and flavoursome when cooked. In many of the tropical countries this starchy vegetable is considered an important part of their diet served in both sweet and savoury dishes. In African recipes, yams are either eaten on their own or along with other vegetables also high in starch. In parts of India, yams are added to minced curries while the Chinese prefer them mashed and mixed with lotus root. But they can also be chipped, added to soups, stews, pies or even eaten as you would potatoes.

Buying - the dark skinned variety are suitable for all recipes and will store for several months in a dark airy room.

It would be virtually impossible to mention all the different varieties of fruit and vegetables but at least this article will give you an insight into some of what is available and you know what they say, you never know what they are like until you try!





# City Spa

## Naturist Health Spa

- \* Sauna
- \* Steam Room
- \* Large Spa
- \* Hot and Cold Showers
- \* TV Lounge
- \* Rest Rooms
- \* Aromatherapy
- \* Garden
- \* Small Gymnasium
- \* Free Refreshments and Towels provided

*Comfortable, affordable, friendly atmosphere. No membership. Everyone welcome*

City Spa, 6 Leytonstone Road, Stratford, London, E15 1SE

**0181-221-0505**

## 'Roselan'

(CCBN Club)-

Now in our 7th

successful year.

MID CORNWALL

Naturist guest house, where you can be truly naturist.

OPEN ALL YEAR.

Half board or bed & one of Roselan's famous breakfasts, few need lunch as well. With



optional evening meal. Vegetarians, vegans and special diets catered for. Enjoy food cooked in the old-fashioned way. Swimming pool, Finnish sauna which seats six and spa bath which seats five.

Share a friendly family atmosphere with genuine naturists.

Families and couples only. Three berth caravan to let in the garden.

Contact Tony or Josephine on 01872 572765 for brochure  
Visa/Access accepted

**1**

**NEW VIDEO RELEASE**

**All Nude Work Out 5 -**

*Aquacise*

**Another New Freedom Exclusive**

**£19.99 inc UK p&p**

**Available shortly - order your copy now!**

**See coupon on page 59**

## CHRISTMAS PIE WOODS -YOUR H&E CLUB

If you would like to be included on our mailing list for Club Events, please send the form below to New Freedom Publications Ltd., Bow House Business Centre, 153-159 Bow Road, London, E3 2SE

### Some of our Forthcoming Events:

- Travel Workshop • Body Painting
  - Yoga workshop • Easter Egg Hunt
  - \* General Fitness \* First Aid
  - \* Social Skills workshop • Video workshop
  - \* Midsummer celebration \* Summer concerts
  - Social \* Singles and separated evening
  - Holiday French tuition • Henna body decoration
- Plus from April 1998, the grounds will be fully open for day visits by members

Please add my name onto the Christmas Pie mailing list:

NAME: .....

ADDRESS: .....

.....

..... Post Code: .....

Daytime Phone No: .....  
(used with discretion) 9901

**2**

**From Parafotos:**

**Formentera Naturally**

**See the island through naturist eyes**

**The beach possibilities -**

**with maps ;**

**Underwater swimming;**

**Naked water-skiing; an**

**interview with John Astbury**

**£21.99 (inc.UK p&p)**

**Order on p.59**

**3**

**Coming Soon!**

**UK Naturally**

**Includes footage**

**of Christmas**

**Pie, Tything**

**Barn,**

**Bricklayers,**

**Spielplatz,**

**Yorkshire**

**Moors, Solent**

**Yacht Charters,**

**Debbie at BDOC,**

**Suzanne from**

**the Mermaid**

**video, Alison at**

**Rios and more.**

**£21.99 inc UK p&p**

**Order on p. 59**



# READER'S OWN





# Open your mind or be left behind!

**This is the plea from Alan Clavering, who argues that if clubs continue to alienate people like him and his girlfriend, the “movement” could be finally on its way out**



My girlfriend Caroline and I have been naturists for many years - it seems we were always meant to be naked! I come from a puritanical background and have no recollection of nudity in my home. I started looking at H&E when I had a paper round at the age of 14. By the age of 16 I was buying it myself and searching out quiet beaches in England from which to swim and sunbathe nude.

Caroline, unlike me, had a freer upbringing where nudity around the home and garden was natural. We met on a naturist beach four years ago and try to lead a naturist lifestyle wherever possible. We garden nude, paint our home, swim, cycle and go on naturist rambles. We have a circle of friends who feel free to be naked around our house and garden to enjoy the total freedom and relaxation that comes without the restriction of clothes.

Although we enjoy freedom in our private life, we have generally found the petty rules and regulations of naturist clubs in England to be very outdated and inward-thinking.

This is especially true in regards to the younger generation who should be encouraged and not discouraged from swelling the ranks if the naturist “movement”.

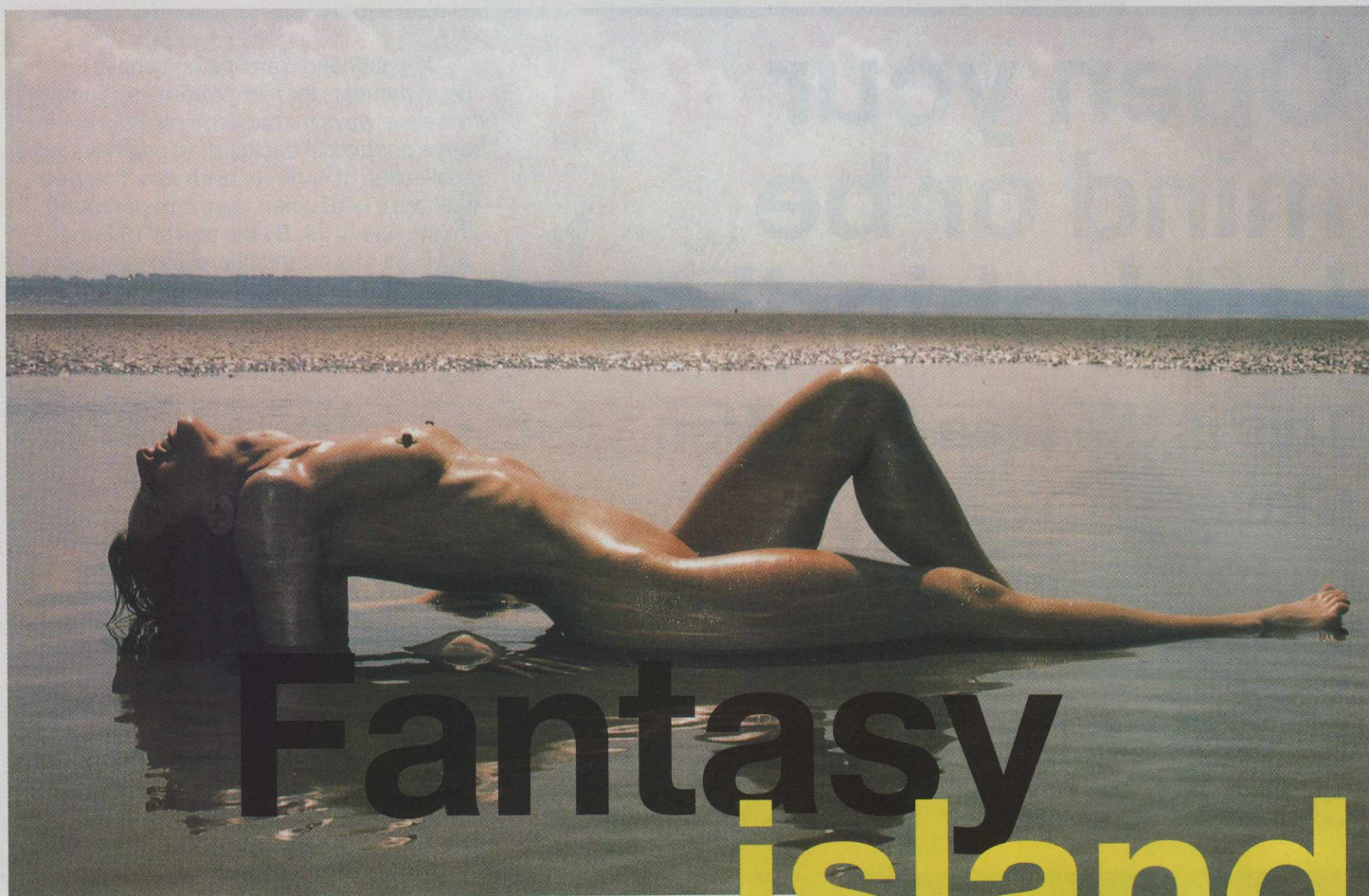
The hostile attitude towards naturists who shave off their pubic hair has only recently been relaxed and even lingers on in some places. Now that smoothies are becoming more accepted, this attitude has transferred to people who have body piercings, with many clubs refusing to have them as members.

My girlfriend and several of our friends have nipple and/or genital jewellery. This is a big no-no as far as many of clubs are concerned. The clubs are thus alienating a sizeable sector of naturists. It is the 1990s, not the 1890s! Surely this head in the sand approach will only further isolate naturists from the rest of society.

The late, and sadly missed, Mark Wilson of Eureka fame, was a great innovator in the naturist movement and the success of Eureka proved that his forward-thinking approach was right; that so long as one was not doing anything to offend others, one would be accepted at Eureka - regardless of gender of personal preferences.

H&E, which I have read for some 29 years, has always moved with the times and examined current trends. It has always been prepared to air opposing viewpoints. The British naturist movement should pull together to capture a larger, wider and more diverse cross-section of society, or our hard-fought for naturist havens and beaches could be lost forever.





# Fantasy island



**Charlie and his team loved  
Formentera so much they just  
had to go back for more!**

It's over four years since we were last on Formentera. We called the film we made there "Naked Enchantment" and it was the first of our films in which both Wendy and Holly appeared, (since which they have become firm friends). Formentera literally means the "enchanted isle" and that's how we've always remembered it. I suppose it was inevitable we would return sooner or later.

Wendy and I discussed the idea of another film there at length and decided there would be enough material. So we contacted John Astbury whose company, Astbury Formentera, specialises in holidays on that island. John immediately lent his support and we selected our team. Holly and Marieke selected themselves and as our dear friend Angie couldn't make it, we asked Alison, who we met earlier that year, and she quickly agreed.

It was only a two hour flight to Ibiza from where we could catch the ferry to Formentera. Holly had arrived earlier from Mallorca where she lives and had collected the hire car, done some essential shopping and checked out the villa where we were staying, close to Es Calo.

No drive on Formentera takes too long as the island is only about 20 miles from end to end. Half an hour after we had dumped our kit in our immaculate little villa, we were enjoying our first evening meal of the trip at



## FORMENTERA FACTS

The island has a population of only 4000

It's actually two small islets joined by a sand bar

Under the Romans the island was a major agricultural centre

Nude sunbathing is tolerated nearly everywhere







“Everyone, whether naturist or textile, share all the magnificent beaches with tolerance and mutual respect”





# HANDY HINTS

Most people come here just for the day from Ibiza but if you want to stay and aren't looking for a package holiday you may have difficulty. You could try camping although there is no official campsite but there are many secluded spots.

Taxis are cheap but demand can be high so book ahead.

Cheap food isn't so easy to come by on the island. You can buy your supplies from the market and supermarket in Sant Francesc. On the whole beach bars offer better prepared food than you'll find at the resorts.

If you're after nightlife then head for Es Pujols where you'll find two discos. The "Magoo" stays open until five in the morning.

Around and about

The nudist beach of Platja de Llevant on the east of the island offers soft white sand backed by pine trees. There are also refreshments on the beach.

The caves at D'en Xeroni, one kilometre outside of Sant Ferran, are worth a visit.

Astbury Formentera are at; 31 Baker Street, Middlesbrough, TS1 2LF  
Tel: 01642-210163 or fax: 01642-232209

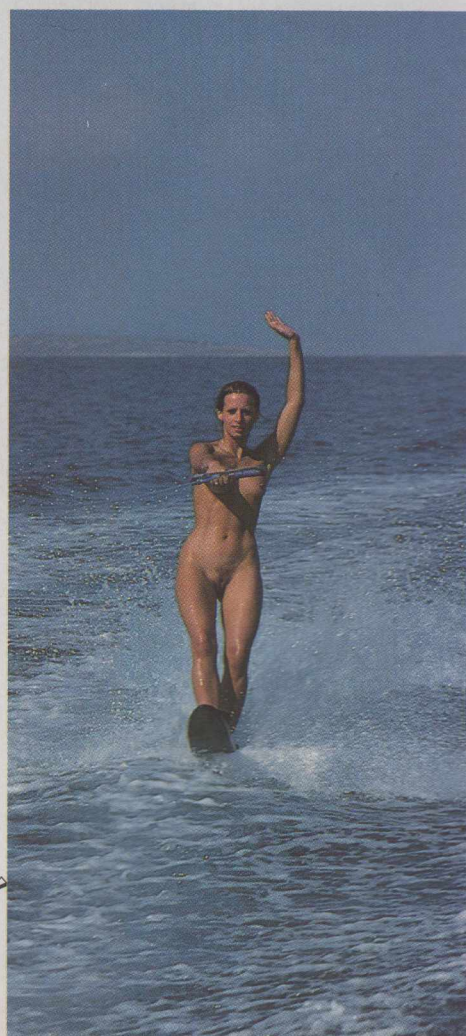


the Fonda Rafalet Restaurant, which, apart from having some marvellous fish on the menu, overlooks the picturesque little harbour at Es Calo.

As it had been a long day we didn't make an early start the following morning. After a quick cup of coffee, I wandered down through the trees from the seclusion of our villa to find the sea, only three hundred yards away. So I was able to claim the first naturist swim of the trip by diving off the rocks into the crystal clear water which is so much a vital ingredient of the island's coastline - and the temperature was perfect.

It was soon apparent the villa was secluded enough for us to be able to be naked all the time we were back at base. After a major shopping expedition we took some time to plan the first few days before filming around the villa, and take a look at the rocky swimming site I had discovered earlier. The next two days were fairly cloudy and produced two nights of spectacular thunder storms, which cleared away much of the humidity. But from then on the weather was fantastic and we made the most of it, enabling us to finish our filming with a day to spare.

I don't think it's possible to describe in a few hundred words the atmosphere of this remarkable island, but it certainly captivates






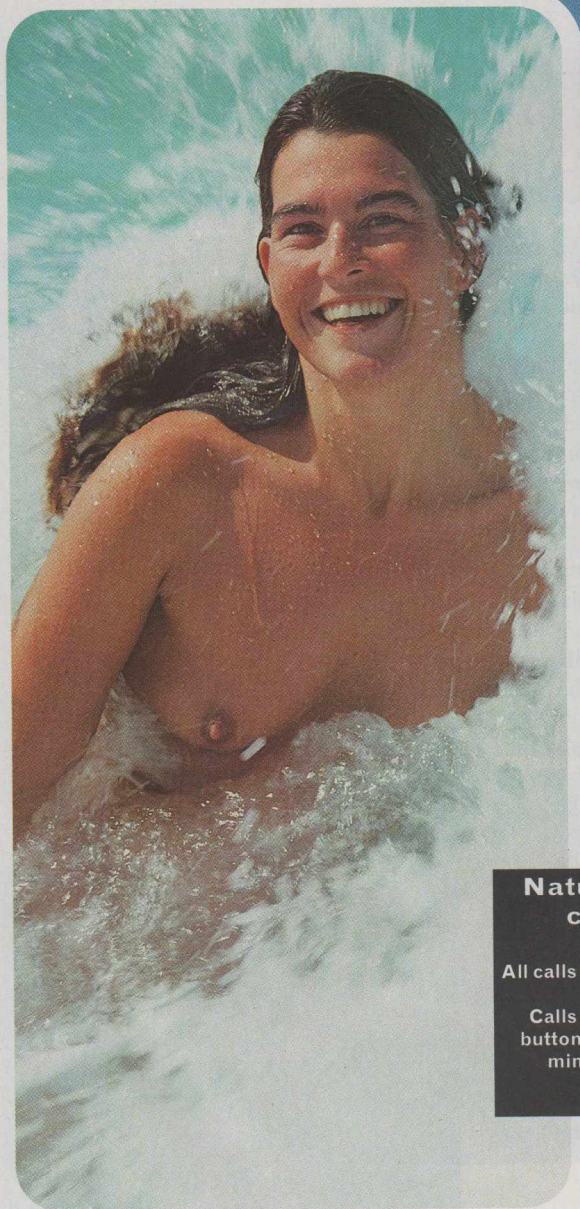
all who visit it. Wendy uses the word "seductive" when she sums up the island in the film and some of John Astbury's other customers, Ian and Dolly, Paul and Elizabeth, who kindly took time to talk to us on camera, all expressed similar sentiments.

For me, I love the concept of there being no formal naturist beaches or facilities on the island. Everyone, whether naturist or textile, share all the magnificent beaches with tolerance and mutual respect. Some beaches are more textile than naturist and others, like Es Calo beach itself, are mainly naturist.

Nearly everything in our new film, "Formentera Naturally", hadn't been covered before. We show the best beaches and how to reach them; we take a trip to the two islands off the northern tip of the island, Espalmador and Espardell; we shot some marvellous underwater material and Alison and Holly demonstrating their water skiing skills - naturist style of course! This island must be a very special place - 70 per cent of John Astbury's customers return for a second or more visits.

Much thanks to the "Angels" for their vital enthusiasm in making the trip as much fun and to John Astbury and his staff for everything they did for us. 

**Watch Charlie and the girls have naked  
fun on this wonderful island in  
'Formentera Naturally' available from  
H&E Marketing for £21.99 including  
U.K p&p**



**Naturist beaches and  
clubs in Europe**

**0891 805 433**

All calls are charged at 50p per minute  
at all times.

Calls must be made from a push  
button phone and users must be a  
minimum of 18 years of age.



Subscribe and  
save money-  
on H&E monthly,  
H&E Lifestyle and on  
New Freedom products

The H&E 'quart'ly become the  
**Bi-Monthly 'H&E Lifestyle'**

The March issue of the monthly will be on sale on 26th February

Tick your subscription choice, fill in your details and send to

**H&E,  
New Freedom Publications Ltd.,  
Bow House Business Centre,  
153/159 Bow Road, London E3 2SE**

Or, ring through your subscription order on our marketing answerphone, leaving full credit or debit card details

**0181-983-9969**

## Office Use Only:



You are now entering

## The No clothes Zone



### NATURISM GOING STRONG IN EASTERN EUROPE



**TEA TASTES  
BETTER IN THE  
NUDE**



**Clothes  
optional -  
fun guaranteed!**

This is where we ask you to leave your CLOTHES BEHIND and follow us into the naturist sector.

If you're uptight, narrow-minded or scared of the HUMAN BODY we advise you go no further. This sector is for fun-loving naturists only - yes, that means YOU! If you want to join us in the Zone then send us your picture. We pay YOU £15 for every PIC PUBLISHED.

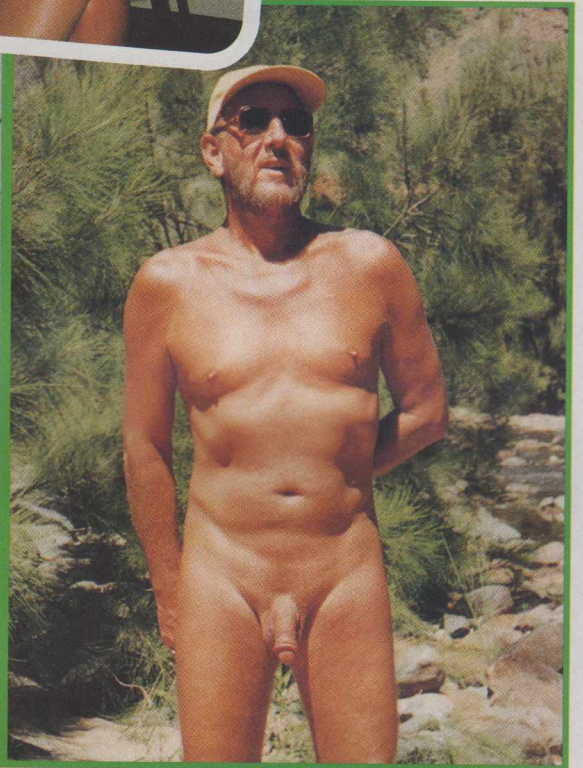
(Now that's what I call an entrance fee!)



# COUPLE OF THE MONTH



**HAPPY,  
RELAXED,  
NAKED -  
TOGETHER**





**Clothes optional -  
fun guaranteed!**



**ANTONIA LOOKS LIKE  
SHE JUST WANTS TO  
HAVE FUN!**



## **TURNING TO NATURISM**

**H&E First time  
confessions  
0897 555 235**

All calls are charged at £1 per minute  
at all times.

Calls must be made from a push  
button phone and users must be a  
minimum of 18 years of age.

## **TWO'S ALWAYS COMPANY**





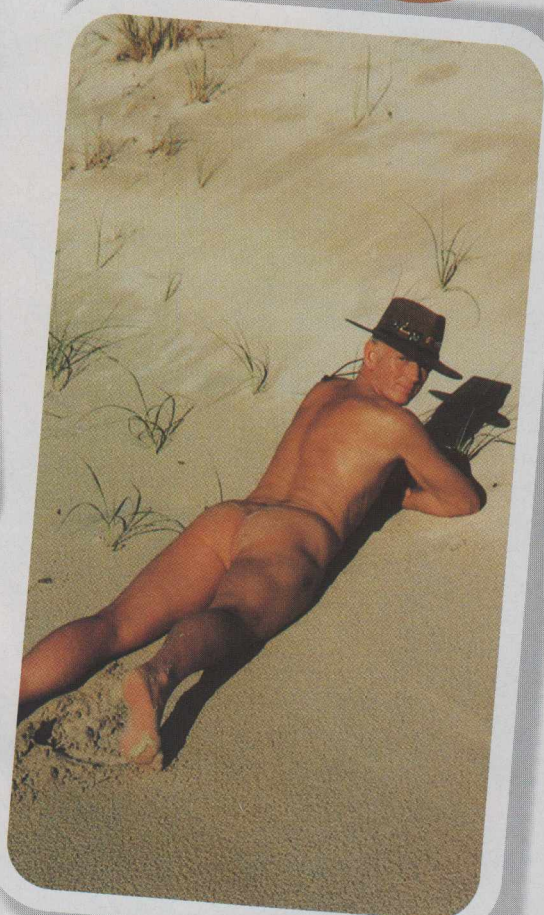
## SPA RELAXATION



**Clothes optional -  
fun guaranteed!**



**NAKED  
EXPLORER**



**WE STILL  
WANT  
YOU BETWEEN OUR  
PAGES**

*Yes, we're still on  
the lookout for  
readers' photos.*

*Send your picture  
in to H&E, help  
make it your  
magazine and get  
£15 in the bargain*



# FOR THOSE NATURIST CHRISTMAS MEMORIES

**HE**  
here to help



✱ Let New Freedom Photo Services take care of your Christmas snapshots under the professional eye of naturist photographer Charlie Simonds.

✱ All naturists can benefit from this specially designed service from a laboratory and photographic advisor who understand the particular requirements of the naturist market

## PLEASE MARK QUANTITY IN EACH RELEVANT BOX.

I enclose ☐ (no. of 35mm colour print films)

### For prints on supergloss paper (12, 24 or 36 exposure)

6" x 4" £5.49 each ☐

7" x 5" £6.99 each ☐

### Extra Set at time of processing

6" x 4" £2.49 each ☐

7" x 5" £3.99 each ☐

### Reprints (minimum 5)

6" x 4" 35p each ☐

Prices  
include  
postage and  
packing UK  
(add extra £1  
Europe, £2  
ROW)

**Note:**  
Payment  
must be in  
sterling  
drawn on an  
English  
bank, or by  
credit card.

### ENLARGEMENTS -

size: 7" x 5" £1.99 ☐

10" x 8" £3.99 ☐

16" x 11" £6.49 ☐

18" x 12" £7.99 ☐

Gloss finish ☐

Matt finish ☐

Please note  
we reserve the  
right to refuse  
to print any  
material we  
consider  
unsuitable.  
Please also  
note this  
service is for  
35mm films, not  
APS films

## Name and address for return of films: PLEASE PRINT CLEARLY

Name: .....

Address: .....

.....Post Code:.....

Cheques/postal orders must be made payable to  
**New Freedom Photo Services**

Credit Card details:(Visa/Mastercard)

☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐

Expiry Date: ☐☐ ☐☐

Authorised Signature: .....

Name as on card: .....

Send your film(s) for processing in a strong  
envelope together with this completed coupon  
completed and your payment to:

**New Freedom Photo Services,  
FREEPOST TN5304  
Dymchurch  
Kent, TN29 0BR**



# HEALTH BITES

## SO THAT'S WHY SIZE DOESN'T COUNT!

Men, before you read further, let me just point out that this research has only so far been carried out on rats. The research by scientists in California has shown that too much sex makes your penis shrink and your brain go strange! These tests were carried out by a Professor Breedlove (!) who has been busy castrating rats, feeding them with testosterone, all in the attempt to test sexual responses. I shouldn't change your sexual habits because of this though, as the rats were put under such extreme conditions that humans would never undergo, which really undermines the relevance of this study. Interesting, though.

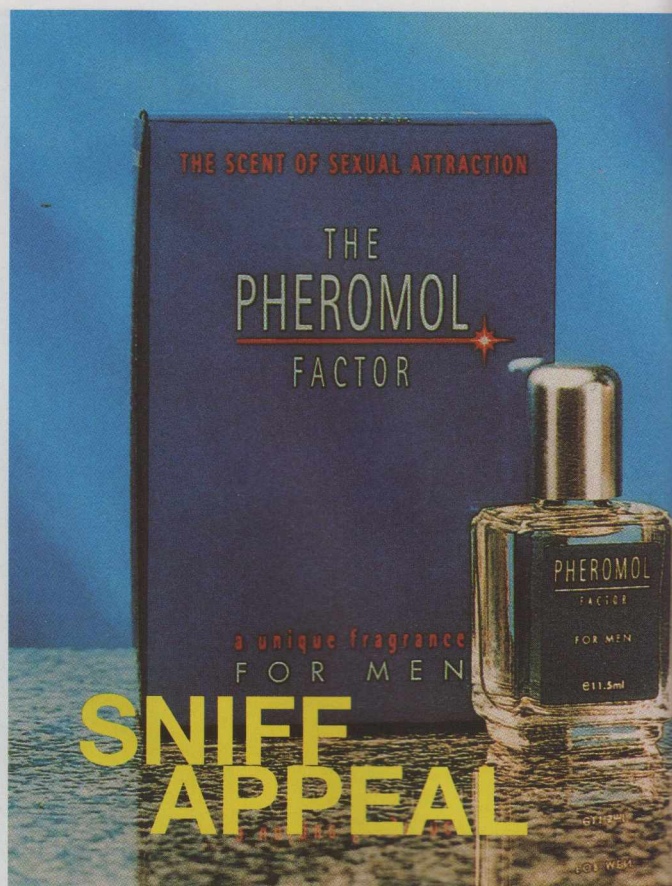
## MOG ALERT

Many people would dearly love to have a cat but are allergic to them. A report in the Journal of Allergy and Clinical Immunology does offer some hope, of sorts. Researchers found that you can reduce the allergic reaction by 44 per cent by washing your cat with a soap and hose, and by 79 per cent if you immerse it totally in tap water. That's all very well, but - bath a cat - have these doctors actually tried it? Even as I type this, my cats are busy packing their bags in readiness to leave home should the idea grab me.

## MUD-U-LIKE

The only people I'd ever heard of who ate soil were toddlers (who often have a penchant for worms too), and those who came off the worse after a rugby scrum. Yet apparently mud-savouring is quite a common habit. These people are usually described as being mentally off beam, but now Canadian researchers have discovered that soil consumption can be positively beneficial. Samples of Zimbabwean soil, commonly eaten by natives for digestive complaints, have been analysed and found to have large quantities of kaolinite (what western chemists usually put in diarrhoea remedies). Chinese clay samples have also been analysed and found to be rich in nutrients and substances which make you feel full when eaten. These have been eaten by the Chinese in times of famine.

However, it's no good eating just any old dirt, so for the time being it's best to stick to burgers and chips.



All those showers aren't helping our attractiveness, it seems. We might think that our charm, our good looks and impeccable standards of hygiene are attracting the opposite sex, but we could all benefit from a little help from our senses. Much research has been conducted on pheromones, not least by Dr George Dodd, of the Highlands Olfactory Research Institute. He has isolated 40 pheromones naturally produced by our body which help to attract sexual interest, and has replicated these identically. These are available in little bottles and marketed as The Pheromol Factor. These cost £19.95 for a bottle and are available through the Internet. For further information and secure internet ordering globally, look up: <http://www.pheromol.co.uk>.

## HEALTH TIP OF THE MONTH

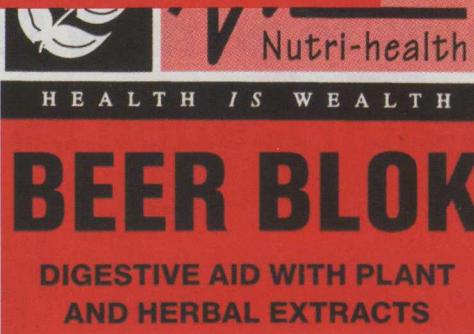
To relieve the symptoms of the common cold, alternative health practitioners recommend you use echinacea to stimulate the immune system, eucalyptus and menthol as decongestants, and a quarter teaspoon of cayenne pepper in a cup of boiling water which makes you sweat. Health shops should provide all of these.

Prevention is, however, better than cure. A recent report from the Consumer Health Information Centre suggests that you are more likely to catch someone's cold from shaking their hand and then rubbing your eyes, than kissing them or even letting them sneeze over you. How this will affect business practices I don't know. We'll probably just sniff and bear it.



# BEER BLOK

Tablets



If you love your beer, but hate your belly, there is a product designed to allow you to drink and keep your stomach in trim. Beer is carbohydrate-rich, and we don't tend to burn enough energy off which in turns develops into unwanted fat. Beer Blok contains two natural active ingredients, Phaseolamin, derived from kidney beans, and Gymnema Sylvestre which are designed to disrupt the excess carbohydrate turning into fat. Your hunger cravings should be suppressed and you should feel more full. It must be emphasised that this product is not designed to encourage greater drinking, simply to keep you looking trim while you drink. Beer Blok costs £24.99 (inc p&p) for 60 tablets from Nutri-health on 01243 771715.

## IN BRIEF

### IN OUT, IN OUT - SHAKE IT ALL ABOUT

In a recent Health Bites, we reported on the greater likelihood of catching viruses by staying at home. I should have accompanied it by reports of the Japanese research which showed that commuting for more than 90 minutes a day can give you greater risk of heart disease. British stress experts said that commuting in Britain is even more stressful, especially in our large cities with our spontaneously different public transport system. So now, for optimum health, you must go to work every day, but be sure to find a job just round the corner. . .

### HANDS UP FOR A REALLY USEFUL TIP

If, while sitting in a restaurant, you see someone choking on their food and no doctor rushing to the rescue, tell the victim to raise their arms above their head; it could just save them. This technique can apparently also stop people from fainting, especially if they hang on to something tightly.

### THAT AGE OLD QUESTION

We are all keen to know what helps longevity. Those centenarians don't always help. Some of them swear by oats and abstinence, others maintain that a daily packet of Players and a flagon of strong ale never did them any harm. Now a scientific study in Boston of ex-Harvard students of varying temperaments indicates that those who remain emotionally stable are more likely to step over the age of 75 than those whose moods swing like pendulums. These factors surpass others such as amount of smoking, drinking, drugs or bad diets. Perhaps a little yoga or meditation might be in order?

### GOOD GOD!

Going to church can be good for you, according to research of 2000 elderly people in North Carolina. Studies showed a link between going to church and a well protected immune system. Those who went to church each week were far less likely to contain high levels of a protein commonly associated with Alzheimer's and other debilitating diseases. Other studies have shown links between feelings of well-being and our immune systems, so this doesn't sound as bizarre on reflection.

## MICROCOMPUTER MIGRAINE RELIEF

Britain's 5.6 million migraine sufferers might be interested in a new form of relief called TriMed. This is a microcomputer which you strap on to your wrist, like a watch. It transmits a low energy electromagnetic waveform to your nervous system helping it to balance electrical activity in the brain.

First, you are recommended to attend a consultation for a fast spectral brain wave scan, and then have the device specially programmed for you. You are expected to wear the device all the time (except when bathing) and attend further consultations for monitoring. It is emphasised that wearing TriMed device is not a cure, but can provide symptomatic relief. For further information on this treatment, contact Isis Medical Technology Ltd on 01424 732626.



## MARKETING TOOL

**I think we've all got the safe sex message regarding condoms. Yet supposing your condom was giving out another message entirely? Not so far fetched. Marketing minds have been springing into action and considering the condom as an advertising tool. So, girls, don't be surprised if you discover a message on your partner's member. It might be telling you to put a tiger in your tank, or advertising the video of "The Full Monty".**





# PLAN YOUR HOLS WITH US!





# If you want a naked holiday this year where should you start? With us of course! Katreya Somerville has the hottest hols for those who plan to travel very light

**F**or me, planning my holidays each year is half the fun. Naturists have certainly got more choice than ever. In this holiday planning guide, I hope to be able to point you to some likely possibilities, and maybe inspire you with choices you hadn't previously considered. It's a far from comprehensive list, as that would probably fill a small telephone book.

I have picked out the resorts offered by the main British tour operators. They tend to offer tailor-made holidays which may cost somewhat more than doing it yourself, but you get the benefits of having everything arranged for you, and sometimes the help of a rep and social scene on site. Language hassles cut in one fell swoop!

I have also picked out holiday venues who seem particularly keen to attract British holidaymakers. Take, for example, France. There is no end of naturist campsites throughout the country, offering varying degrees of facilities. I couldn't possibly mention them all. So I've chosen the ones that are either handled by a British tour operator or have made the effort of drawing attention to themselves (as well as being well-equipped and relaxing holiday sites).

I have mentioned only one US resort, Cypress Cove. There are countless to choose from, but if you want a package, then Peng Travel will organise a great one at this resort.

For further holiday ideas for independent travellers, I'd recommend getting hold of the International Naturist Federation (INF) Guide which lists all affiliated naturist clubs and resorts. This is available through H&E Marketing for £15.99 including U.K. p&p.

Some naturist clubs, especially in France, insist on INF membership. It is possible to get this direct from the INF, although the easiest way is probably to join the Central Council of British Naturism, tel: 01604 20361. Holiday membership is usually available at French centres which stipulate INF membership, at a cost of FF120 per person.

In most cases I have not referred to prices. This is partly because they vary considerably at each resort according to season. As a general rule, naturist holiday packages cost more than high street package holidays. This is because they are dealing with much smaller numbers and are offering a specialist service. But they are a relatively carefree way to travel, especially when you are travelling to a country where you don't speak the language. In resorts themselves the prices of a stay can double in high season (usually July or August). It's therefore worth examining the brochures carefully yourself and comparing prices. Unless you have children, or restricted holiday times, it's always worth considering off-season travel.



*Beach holidays are guaranteed fun*





# Useful addresses

• The main multi-tour operators are as follows:

• Peng Travel Ltd  
• 86 Station Road  
• Gidea Park  
• Romford  
• Essex RM2 6DB  
• Tel: 01708 471832

• This is an old established naturist tour operator offering the widest range of travel destinations.

• Sunlovers Emsdale  
• 16a North Street  
• Hornchurch  
• Essex  
• RM11 1QX  
• Tel: 0181 554 4925  
• Tel/Fax: 01708 472715

• This company specialises in coach based holidays to Cap d'Agde, possibly the world's most famous naturist resort. They also offer other forms of travel to Cap D'Agde and other resorts, notably in Croatia.

## Other useful addresses:

• Sue Piper  
• France 4 Naturism  
• 1 Shabden Cottages  
• High Road  
• Chipstead  
• Coulsdon  
• Surrey  
• CR5 3SE  
• Tel/Fax: 01737 557715

• Sue Piper acts as an agent for France 4 Naturisme, a consortium of French naturist centres.

• While I have listed most of them below and given their contact details for those who wish to organise their own travel, it's probably easier to obtain their brochures and book your holiday with France 4 Naturisme in this country. It costs the same price and she offers a tourist information pack too.

**Graham Gardner**  
**Dune Leisure Ltd**  
**Springfield House**  
**Burton Joyce**  
**Nottingham NG14 5BW**





**Tel: 0115 9314110**

**Web:**

**<http://ourworld.compuserve.com/homepages/dune>**

This company is run by naturists who act as facilitators for the independent naturist traveller. They can provide flights, accommodation, care hire and insurance cover to selected naturist resorts.

**Steve Clarke**

**Canarian Dreams**

**Tel: 01326 317506**

**Web:**

**[www.connexions.co.uk/canariandreams](http://www.connexions.co.uk/canariandreams)**

**email:**

**[Steve@canariandreams.demon.co.uk](mailto:Steve@canariandreams.demon.co.uk)**

Canarian Dreams organise villas throughout The Canary Islands. Many of these are secluded and ideal for naturism while others are right beside naturist beaches. They hope to organise naturist cruises round the islands next year.

**Seaborne Safaris**

**Te/Fax +90 252 487 10 71**

Run naturist cruises around Turkey

## The Holidays

### Spain

**Vera Playa**

**Apdo.Postal, 129 - Ctra.**

**Garrucha-Villaricos, s/n**

**E-04620 Vera (Almeria)**

**Spain**

**Tel: 00 34 950 467027**

**Fax: 00 34 950 467028**

**Email: [natsun@telebase.es](mailto:natsun@telebase.es)**

**Web: [www.Telebase.es/natsun](http://www.Telebase.es/natsun)**

(Also packages through Peng Travel)

This popular naturist holiday resort offers a two kilometre beach and you can book apartments direct. It offers lots of facilities, loads of sport, a large swimming pool, and the hotel rooms have "all-pile-in" sized circular baths. It's possibly one of Europe's best equipped and most luxurious naturist centres.

**Costa Natura**

**Ctra.Cadiz, km 151**

**29680 Estepona**

**Malaga**

**Spain**

**Tel: 00 34 5 280 15 00**

**Fax: 00 34 5 280 28 00**

**Email: [recepcion@wcostasol.es](mailto:recepcion@wcostasol.es)**

**Web:**

**<http://wcostasol.es/negocios/costanatura/>**

Costa Natura's official UK contact number is: 01256 761977. They can provide brochures and information and organise bookings, flights and car hire.

There are also packages available through Peng Travel and Sunlovers Emsdale.

• This resort consists of some 200 self-catering apartments around the bar, restaurant and swimming pool complex. Some people live there all year round. Since it was built, much has been made of the Andalucian-style design and it certainly is very attractive with its get-lost-down-the-winding paths-and-flowerbeds type structure. It's an hour's drive from Malaga airport, and even less from Gibraltar and the rest of the Costa del Sol.

• They welcome visitors all year round, and mostly there is an organised activities programme including windsurfing, water-skiing, pedalos, table tennis, tennis, volleyball, petanca, shuffleboard.  
• A new indoor leisure centre is planned for Autumn 1998 to include a heated indoor pool.  
• The restaurant is open for lunch and dinner and there is often evening entertainment organised.

### Camping Naturista El Portus

**30393 Cartagena**

**Murcia**

**Spain**

**Tel: 00 34 68 553052**

**Fax: 00 34 68 553053**

• For a special combined price for ferry and campsite fees and other offers, contact:

**Barry Westwood**

**Epsol Tours UK Co-ordinator**

**Tel: 01296 747260**

**Fax: 01296 747430**

• If you would prefer to rent a chalet or mobile home, flights and accommodation can be arranged by Dune Leisure.

• This beautiful Spanish resort benefits from being hidden in mountains, lush with greenery. It's an ideal naturist hideaway only an hour and a half from Alicante airport. You can stay in the campsite or rent a chalet or mobile home.

### Fuerteventura

#### Sunseekers Holidays Ltd

**The Barn**

**Brighton Road**

**Lower Beeding**

**West Sussex**

**RH13 6PT**

**Tel: 01403 891495**

**Fax: 01403 891059**

**Email: [sunseekers@dial.pipex.com](mailto:sunseekers@dial.pipex.com)**

• Sunseekers has been running naturist holidays to Fuerteventura for six years. This island, just off Lanzarote, in the Canaries, has very relaxed attitudes to nudity on the beach. It's not an organised activity as a rule, simply what people tend to do. Sunseekers offers accommodation in a number of self-catering apartments, along with flights and will arrange car hire. Costs from £206 per person for a week.

### Ibiza

**Jeff & Gary Wilson**

**PO Box 85 Cala Llonga**

**07849 Ibiza**

**Spain**

**Tel: 00 34 71 33 1157**

• This is a small and private naturist facility for "liberally minded couples who enjoy being nude". They offer self-contained apartments for weekly stays. They usually take around 10 guests at a time. You can enjoy the privacy and seclusion, without being too far from the night life of Ibiza Town. Assuming you will organise your own flights there, Jeff or Gary will pick you up from the airport, organise car hire for you. Meals and snacks are available throughout the day, and you would have the use of the Jacuzzi and large swimming pool. They pride themselves on offering no-pressure, relaxed holidays for over 18s. Cost at £25 per person per night.

### Formentera

#### Astbury Formentera

**31 Baker Street**

**Middlesbrough**

**TS1 2LF**

**Tel: 01642 210163**

• Formentera is a small island just off Ibiza. Ibiza has an active night life and club scene, lots of package tourists, some pretty stunning scenery, but is not so hot on beaches, Formentera has simply, beautiful beaches. What's more, you can go naked on almost all of them. The island itself is only 12 miles long, best travelled by cheaply rented bicycle, moped or by car. There's not a lot going on beyond the usual Spanish beach side bar and restaurant promenade, but for beaches it's splendid. And not everyone's into clubbing! Astbury Formentera organise tailor made packages staying in self-catering apartments. If you particularly want to sunbathe nude on your patios, there are some which are more suitable and remote for this. Let them know your requirements.

### Las Piteras, Lanzarote

**(Through Peng Travel)**

• Lanzarote, has several boasts. The amount of sun and small amount of annual rainfall is an important one. The Fire Mountains where you can ride over lava and volcanic craters is another. It really feels like you're wandering over the moon. Las Piteras is well situated to take advantage of the weather and the scenery and offers an excellent naturist holiday. It is rather far from the action in the evenings, though, which tends to take place in Puerto del Carmen.

### France

#### Cap D'Agde

• Cap d'Agde must be the world's most famous naturist resort. It is on the French Mediterranean coast, offering two kilometres of sandy beach exclusively for naturists. More importantly, built against this is a total naturist city, where you can stay in an apartment, a villa or hotel, visit a plethora of shops, bars, restaurants, and take part in a vast variety of sports without clothes. It is highly commercialised, with a slightly loud and brash atmosphere. But for a wild time where you can stay naked, do everything in this resort and never have to leave - it can't be beaten.



Sunlovers Emsdale have a strong presence on site and organise a number of activities for their British clients. This for some is quite an important part, as the sheer size and volume of visitors, especially during August could be quite overwhelming.

Most of Sunlovers' clients do travel by coach, and stay in studios in the Port Nature complex, but they will organise travel by air, rail or self-drive, and accommodation in other apartment complexes or at the Hotel Eve.

Peng Travel is also a major player in organising Cap D' Agde trips, with a strong social scene at the centre. They no longer organise coach travel, as their clients apparently appreciate the speed of journey by rail (only 9 hours from London to Agde). They will, of course, organise flights, self-drive and other arrangements.

**La Chamarade  
Quartier "Les Chamblas"  
Chamaret  
26230 Grignan  
France**

**Tel: 00 33 4 75 46 57 67**

**Fax 00 33 4 75 46 51 97**

Rent a 3-4 person caravan here, costing from FF800 to FF950 or FF1800 (1997 prices) during July and August.

Rent a bungalow from FF 1200 - FF2800 on the same basis.

Weekend rates available except in July and August.

Situated in Haute-Provence, there are about 15 acres of woodland, swimming pool, games room, and plenty of games to play and things to do in the vicinity - such as festivals, fishing, tennis and walking.

**Carrouze  
47800 Armillac  
Miramont de Guyenne  
France**

**Tel/Fax: 00 33 5 53 93 06 04**

Tricia & Brian Ryall gave up their guesthouse in Torquay to take over this house in Bordeaux. There are three double en suite rooms and one single room available. As well as offering meals, a naturist environment, swimming, sunbed and Jacuzzi, this enterprising naturist couple also offer massage, aromatherapy, and tarot readings. B&B costs between £20-£30 per person per night. A week's stay costs between £110-£155 plus £65 for a week's worth of 4-course evening meals.

**Riva Bella  
BP 21  
20270  
Aleria  
France**

**Tel: 00 33 4 95 38 81 10**

**Fax: 00 33 4 95 38 91 29**

(Also France 4 Naturisme)

This resort on the island of Corsica offers a long sandy beach, stunning scenery and evening entertainment such as Brazilian, Creole and Corsican musical theme balls. As far as sports and games are concerned, the usual suspects are on offer (volleyball, petanque, pingpong

canoeing and windsurfing). An added attraction are 50 Chilean llamas kept in captivity.

**La Sabliere  
Saint Privat de Champclos  
30430 Barjac  
France**

**Tel: 00 33 4 66 24 51 16**

**Fax: 00 33 4 66 24 58 69**

(Also France 4 Naturisme)

Visitors stay in the campsite or wooden chalets at this popular picturesque resort in the heart of the Ardeche. It's especially recommended for those keen on canoeing (as this is what people tend to do along the Ardeche). Otherwise, depending on the season, various activities are offered such as tennis, fishing, yoga, speleology (the study of caves) and lots more.

**Belezy  
84410 Bedoin  
France  
Tel: 00 33 4 90 65 60 18  
Fax 00 33 4 90 65 94 45**

(Also France 4 Naturisme)

This South of France resort offers two swimming pools, large amount of space, many sporting and games facilities. One of its main advantages is its situation. Only 45 minutes drive from Avignon, and within reach of Orange, Nimes, the Camargue, Aix-en-Provence, the Lubéron natural Park and the Sénanque abbey, it's ideal as a naturist base for those who wish to explore famous areas and sights of French Provence.

**L'Eglantiere  
Aries-Espenan  
65230 Castelnau-Magnoac  
France**

**Tel: 00 33 5 62 39 88 00**

**Fax: 00 33 5 62 39 81 44**

(Also France 4 Naturisme)

Look out of your chalet, bungalow, gîte or tent, and you'll see the awesome sight of the Pyrenees mountains spreading out in front of you. Ideal for those who want some really fresh air, and a truly natural and peaceful holiday.

**La Serignan Plage Nature  
34410 Serignan  
France**

**Tel: 00 33 467 32 09 61**

**Fax: 00 33 467 32 26 36**

(Also France 4 Naturisme)

Families with young children will probably appreciate this French resort with its vast sandy beach. It's quite close to crazy Cap d' Agde but lacks its size, its sophistication and its commercialism. They do have discos and bars, though, so you shouldn't get bored in the evenings, even if you don't take advantage of the tourist attractions in nearby areas.

**Aphrodite Village**

(Organised through Peng Travel and Sunlovers Emsdale)

This naturist village is in the Roussillon area of south of France, and is a much quieter alternative to the mad resorts such as Cap

d' Agde. You still have the sandy beach, the pools, the restaurants, supermarkets and the brilliant location. Within visiting distance of the medieval citadel of Carcassonne, Spain and duty-free Andorra.

**Euronat**

(Organised through Peng Travel)

This resort has been one of the more popular in France, especially with the British (perhaps it's because it's on the fresh, wave-filled Atlantic sea). The facilities are excellent, including a large heated indoor swimming pool. It benefits from a purpose-built health centre where you can go for a sauna, relaxation massage, muscle toning, hydro-massage, algotherapy, clay masks and more - all organised by qualified staff. Naturism is compulsory (unless it gets too chilly).

**La Jenny**

(Through Peng Travel)

This resort is situated in a remote pine forest, along a sandy beach. Its "close-to-nature" policy does not preclude them from offering a simply massive outdoor swimming pool and other top class facilities and a high standard of chalet accommodation.

**La Grande Cosse,  
Cabanes de Dleury  
11560 Fleury d'Aude  
France  
Tel: 00 33 68 33 61 87  
Fax: 00 33 68 33 32 23**

**Campsite holidays also arranged by  
British company:  
Club Holidays  
23 Grafton Close  
Hartwell  
Northampton  
NN7 2JE**

**Tel: 01604 863300**

Three star camping ground in South of France, within walking distance of Mediterranean. Stay in tents, caravans or mobile homes.

**Arnaouchot  
40560 Vielle-St-Girons  
France**

**Tel: 00 33 58 49 11 11**

**Tel: 00 33 58 48 57 12**

(France 4 Naturisme)

This resort on the French Atlantic coast is very well equipped and still retains its peaceful atmosphere, situated among pine forests close to a long stretch of sandy beach. Indoor and outdoor swimming pools, shops, restaurants, archery and horse-riding and games room for children - a pretty appealing proposition for many families.

**Croatia**

A number of naturist resorts which flourished in former Yugoslavia days are becoming popular again. Even throughout the war, some of them retained loyal visitors, but now it is well and



truly over, many are returning for the good value resorts which offer beautiful scenery, attractive rocky beaches and plenty of sports and evening entertainment.

In Croatian resorts the practice is to stay naked on the beach and at beach bars, but to dress when entering buildings and after dark.

(The following are organised as packages by Sunlovers Emsdale)

#### **Solaris Pavilions, Porec**

This naturist complex is situated along the Lanterna Peninsular, 12 kms from Porec, Croatia. A smaller resort ideal for the a quieter holiday.

#### **Monsena Bungalows, Rovinj**

This has the benefit of being just 4 kms away from one of Croatia's most charming old towns, Rovinj.

Monsena naturist resort is large and offers a huge range of sports and holiday facilities.

#### **Koversada Pavilions, Vrsar**

This is Croatia's oldest naturist centre and the largest. Accommodation is available on the camp site and in bungalows. In spite of its size, you can enjoy a pretty laid-back holiday here. Dune Leisure hope to run holidays to Croatia next year.

#### **Other countries**

##### **Kalypso, Crete, Greece**

(Through Peng Travel)

This is a beautifully situated hotel complex which allows naturism. Perfect for a holiday spent swimming and bathing during the day and enjoying taverna nightlife. The hotel is some way away from the nearest village Plakias, and the nearby naturist beach, but there is a hotel bus service.

##### **Club Orient, St Martin**

(Through Peng Travel)

This is the resort for that dream holiday. White sandy beaches that go on forever, tropical temperature, and private, romantic atmosphere. The Caribbean island of St Martin is half owned by the French and the Dutch but that just adds to the laid-back atmosphere that prevails. Club Orient is a clothes-optional environment where you can stay in chalets and studios. Families are of course encouraged, but for many it's a perfect place for couples.

##### **Sorobon Beach, Bonaire**

(Through Peng Travel)

This Caribbean resort combines the seclusion and dream quality required for a romantic couple, together with a seriously protective ecological environment policy. This works in its favour as there is an awful lot of wild beauty to preserve. There are of course things for you to do on this naturist retreat, but its escapist qualities seem to be its most attractive.

##### **Cypress Cove, Florida**

(through Peng Travel)

*There's no excuse not to find a naked holiday!*

**HOLIDAYSPECIAL**



#### **Naturist beaches and clubs in Europe**

**0891 805 433**

All calls are charged at 50p per minute at all times.

Calls must be made from a push button phone and users must be a minimum of 18 years of age.



- A perfect naturist venue for anyone who loves
- Disney World, or for anyone who hates it. Fans
- of the Magic Kingdom, the Epcot Center, the
- MGM Studios, Sea World and all that stuff will
- be sure to visit; it's very close. The haters will be
- struck by the contrast. Cypress Cove is very
- much a family environment, but with the
- emphasis on natural things and simple pleasures
- it's a swell place to be. But like all of Florida, it's
- huge!





## What's new for nudes in the New Year news?

### NOT A PRETTY SIGHT

Two items on a women's magazine's news page deftly demonstrated that the need to appear hip still far outweighs most of the popular media's much touted claims of political correctness.

One, "Hackers Show Their Knackers!" details the launch of a new naturist web site. It provides news of clubs and events such as bowling evenings (dismissed as "not a pretty sight"). On the accompanying photo of a naked couple dancing, was a caption bubble with him saying: "Hey there groovy chick, how about you and me getting fully clothed some time?" Side-splittingly original or what?

Next to this juvenilia was news of a groundbreaking new "sport", Gut Barging, which is apparently taking the country by storm after the first national championships were staged in a pub in Bradford-on-Avon.

As the photo of two bloated bellies locked in mortal combat showed, contestants are required to rub engine oil over their naked torsos before "snorting, spitting and slapping their flesh" until they've displaced their opponent from an 8ft by 6ft mat.

The mag helpfully added that, unlike most other sports Gut Barging doesn't even require "a modicum of fitness". But perhaps more than the mental agility of a news team who appear to have lard in their brains.

## BUTT NAKED IN BATTLE

According to a surreal story, courtesy of Associated Press, the recent Liberian Civil War, which claimed 250,000 lives, was notable also for the bloodthirsty actions of The Butt Naked Battalion.

Led by the fearsome occultist General Butt Naked, the warriors would set about their countrymen, high on drink and drugs and dressed in rather less than the approved military uniform.

Apparently acting on a message received from the Devil demanding nudity on the battlefield General BN and his troops carried out acts of ritual slaughter, drank their victims' blood and used their heads for soccer practice.

"We were nude, fearless, drunk and homicidal. We killed hundreds of people, so many that I lost count," said the good General. "But in June of last year, God telephoned me and told me that I was not the hero I considered myself, so I stopped and became a preacher."

No details yet of the dress code during services but anyone in the vicinity of the recently-established Soul-Winning Evangelistic Ministry in Monrovia is welcome to attend. Cassettes of sermons by the reformed and re-named Joshua Milton Blahyi are available for \$20, "all major credit cards accepted."

## BREAKING THE ICE ON THE FREEZE FETISHISTS

Nude swimming on New Year's Day is a long-established tradition. The Serpentine, Brighton and Fraisthorpe beaches have traditionally been popular venues for hardy naturists who claim to derive a heightened sense of invigoration from exposure to the freezing temperatures.

The media traditionally dismisses such acts as mere eccentricity but now a new angle has emerged. A California man has revealed how, on many occasions after nude winter swimming in the ocean for 30 minutes or more, he developed an erection that lasted for two to three hours.

Similar effects have been reported by people who derive excitement from running naked in snow or in sub-zero temperatures. The condition is known as Psychrocism (pyscro: cold or freezing; cism: act) and refers to those who aroused by extreme cold.

Those affected discover the enhanced physical sensations and heightened body awareness manifest themselves not in the more usual hypothermia and emasculation but an intense sexual rush.

It will be argued, of course, that today's mid-winter masochists are merely continuing the proud traditions of the original Gymnosophists, who claimed to derive purity and vitality from such exertions. Or maybe they were addressing more than just the need to relieve the compulsory New Year hangover too...



One of last year's  
volunteers!

# EXPOSED!



## HAPPY CAMPERS

*After regular requests from its readers, Camping and Caravanning magazine's 1998 Big Sites Book now lists a handful of naturist caravan and campsites.*

*Clearly this will be useful to anyone lacking a more comprehensive, dedicated naturist guidebook. But also, it seems, listing a site as naturist is making life easier for those who wish to avoid them. Such a case, highlighted a while ago in BN, told of a family who arrived unknowingly at a naturist site and beat such a hasty retreat that they damaged their caravan's electrical connections.*

*Perhaps because of this situation many sites are catering to both sections of the market wherever possible. But even then problems can arise. Two late night arrivals last summer at Knitson's Farm near Studland, were amazed to find themselves the only naked people amid a sea of giggles and frowns when they emerged from their tents the following morning.*

*Disinclined to relocate to the correct field half a mile away they spent the downtime between beach visits uncomfortably clothed.*

*"We did walk over one sunny morning with our towels and stripped off for a couple of hours," one of the hapless tourists revealed. "But we got the impression that some people thought we were voyeurs because we hadn't got any visible accommodation."*

## URBAN SPACEMAN

Well-heeled hedonists seeking a truly individual setting for metropolitan skin parties might like to check out Spaceman Spiff, a quirkily-converted barge currently moored under Albert Bridge.

The work of 28 year-old "playboy" Alexander Serda, the craft contains a hydraulically-moveable living room made from an old cargo container and the ultimate hot tub fashioned from a piece of industrial sewage pipe.

Currently hired out for floating cocktail parties, model and video shoots, the huge container vessel is on estate agents' Winkworth's books at £350,000. Ideal too for icy winter dips should the urge arise.



## SHORTSSHORTSSHORTS

### MAKING FRIENDS

Top marks to "Friends" star Jennifer Aniston, recently mobbed by fans in a sauna. The actress revealed: "There I was buck naked and these women came up and said, 'Are you Jennifer?' I said, 'Yep, all of me. . . every bit.'" If only they'd write scenes like that in the sitcom.

### MAKING FOR THE EXITS

No marks to the US audience of "Sunday", a romantic drama featuring 50-somethings David "Poirot" Suchet and Lisa Harrow. Many moviegoers walked out, claiming that the "flabby" stars' sex scenes put them off their popcorn. Director Jonathan Rossiter said: "We live in a strange country. The levels of self-deception are astonishing."

### COMING TO YOUR AID

The Red Cross are very cross after news that four of its aid workers in Valencia used their ambulance to pick up a local prostitute instead of more deserving patients. A police patrol interrupted "a naked orgy" after deciding to help in what they assumed was an emergency call near a deserted industrial estate.

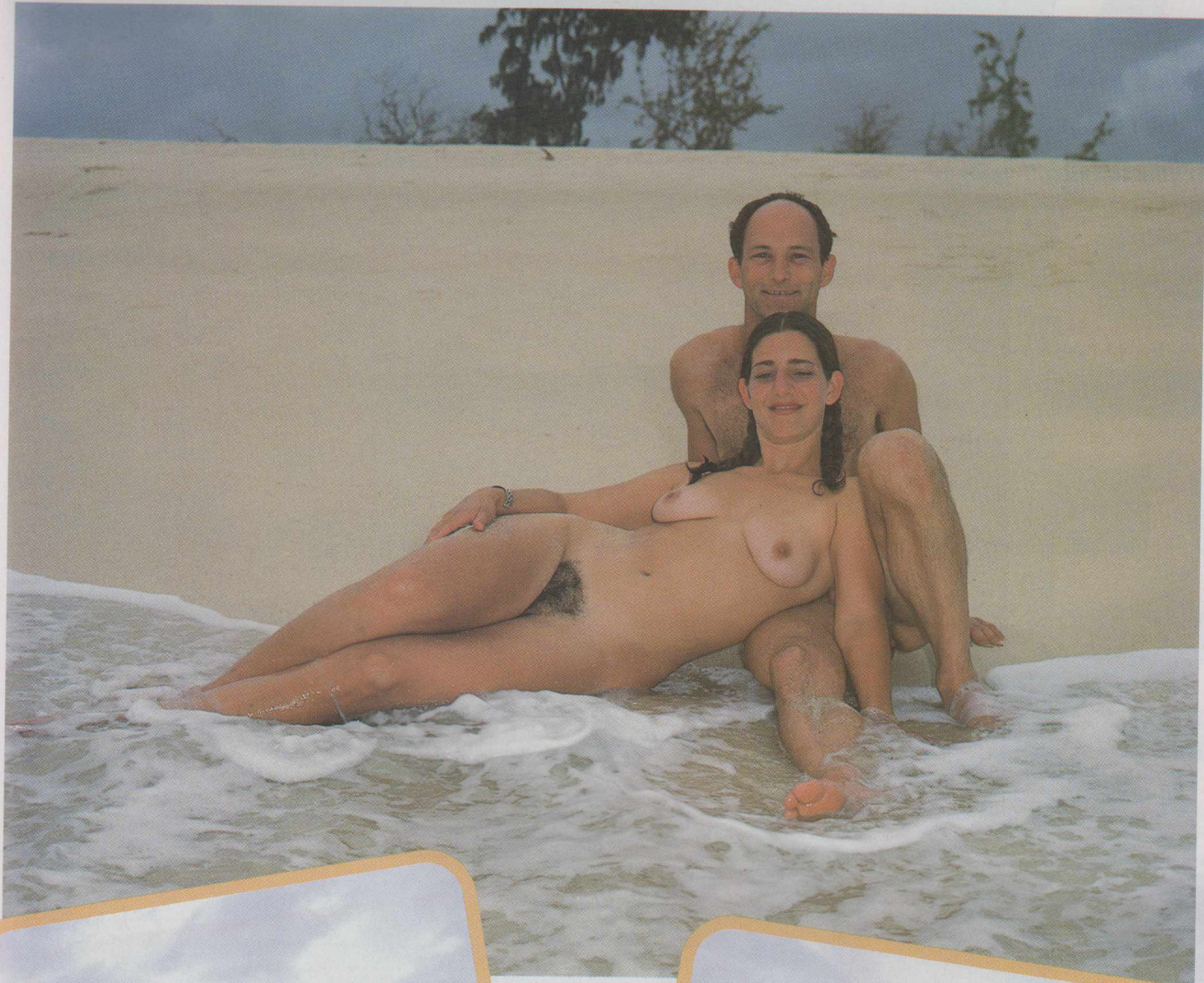




# Paul & Gina

**This young couple just can't take nudity seriously - for them the beach  
is about having fun, fun, fun!**





Photographs by Leif Heilberg



**Now then kids,  
don't strain  
yourselves!**





# Tell Us Who You are and What you want!

New Freedom Publications Ltd. have owned the H&E titles for nearly a year now. We are always looking for ways to improve our products to please our readers more, so take this opportunity to tell us all about yourselves and about the magazines from your point of view. Send your replies to the usual New Freedom address

## WIN PRIZES!!

Everyone returning a questionnaire will be entitled to 50p off any order through H&E Marketing using this issue's order form. In addition, your name will be placed in a draw to have a chance of winning one of the following:

One year's free membership (worth £100.00) to Christmas Pie Woods in Kent\*

Two free subscriptions to both H&E monthly and H&E Lifestyle

Three free subscriptions to H&E monthly

Four free subscriptions to H&E Lifestyle

Five £5.00 gift vouchers to use against any New Freedom product

\* subject to membership acceptance. No cash alternatives given to any prize.

First, a few details about you - these are treated in strict confidence.

Name: .....

Address: .....

..... post code: .....

E-mail address: .....

Occupation: .....

Marital Status: .....

Age: .....

Do you:

rent a flat / house ☐

own a flat/house ☐

other: .....

Please tick whether you own or are likely to own the following:

	Own now	May buy in next year
Car	<input type="checkbox"/>	<input type="checkbox"/>
Caravan	<input type="checkbox"/>	<input type="checkbox"/>
Tent	<input type="checkbox"/>	<input type="checkbox"/>
Motorbike	<input type="checkbox"/>	<input type="checkbox"/>
Boat	<input type="checkbox"/>	<input type="checkbox"/>
Plane	<input type="checkbox"/>	<input type="checkbox"/>
Computer	<input type="checkbox"/>	<input type="checkbox"/>
Video player	<input type="checkbox"/>	<input type="checkbox"/>
CD player	<input type="checkbox"/>	<input type="checkbox"/>
Modem	<input type="checkbox"/>	<input type="checkbox"/>
Sauna	<input type="checkbox"/>	<input type="checkbox"/>
Hot tub/jacuzzi	<input type="checkbox"/>	<input type="checkbox"/>
Pool	<input type="checkbox"/>	<input type="checkbox"/>

Naturism and your life:

	Yes	No
Are you a member of a naturist club?	<input type="checkbox"/>	<input type="checkbox"/>
Do you go nude on the beach?	<input type="checkbox"/>	<input type="checkbox"/>
Do you go abroad for naturist holidays, or where there are naturist facilities?	<input type="checkbox"/>	<input type="checkbox"/>
Do you visit naturist sauna or swim nights?	<input type="checkbox"/>	<input type="checkbox"/>
Do you go nude in the home?	<input type="checkbox"/>	<input type="checkbox"/>
Do you never go nude?	<input type="checkbox"/>	<input type="checkbox"/>
Are other members of your family naturist?	<input type="checkbox"/>	<input type="checkbox"/>

Other hobbies and interests:

Other than naturism, what would you say are your main hobbies or interests?

.....

.....

.....

Did you take a holiday in 1997?

	Yes	No
Did you take a holiday in 1997?	<input type="checkbox"/>	<input type="checkbox"/>

If yes, for your main holiday, Where did you go?

.....

.....

For how long?

.....

Was it:

Arranged through a tour operator?

	Yes	No
A naturist holiday?	<input type="checkbox"/>	<input type="checkbox"/>
Self-catering?	<input type="checkbox"/>	<input type="checkbox"/>
Did you hire a car?	<input type="checkbox"/>	<input type="checkbox"/>
Did you travel by air?	<input type="checkbox"/>	<input type="checkbox"/>

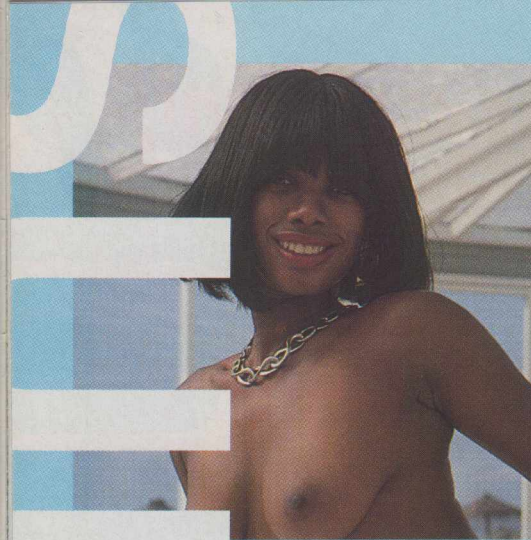
Readership and Purchase

How often do you read:

	H&E monthly	H&E Lifestyle
Every issue	<input type="checkbox"/>	<input type="checkbox"/>
Every two or three months	<input type="checkbox"/>	<input type="checkbox"/>
About once every six months	<input type="checkbox"/>	<input type="checkbox"/>
Less often	<input type="checkbox"/>	<input type="checkbox"/>
This is my first issue	<input type="checkbox"/>	<input type="checkbox"/>
I never read it	<input type="checkbox"/>	<input type="checkbox"/>







How often do you buy:

	H&E monthly	H&E Lifestyle
Every issue	<input type="checkbox"/>	<input type="checkbox"/>
Every two or three months	<input type="checkbox"/>	<input type="checkbox"/>
About once every six months	<input type="checkbox"/>	<input type="checkbox"/>
Less often	<input type="checkbox"/>	<input type="checkbox"/>
I never buy it	<input type="checkbox"/>	<input type="checkbox"/>

Where did you obtain this copy of H&E from?

I'm a subscriber ☐  
A shop keeps it by for me ☐  
Off the newsagent's shelf ☐  
From a club ☐  
Someone lent/gave it to me ☐  
Other: .....

What do you do with your copies of H&E?

I throw them away as soon as I've read them ☐  
I keep them for reference ☐  
I pass them on to someone else ☐  
Other: .....

Which of the following do you read regularly?

The Sun ☐  
The Daily Mirror ☐  
The Daily Mail ☐  
The Express ☐  
The Guardian ☐  
The Times ☐  
The Independent ☐  
Other (please specify) .....

I don't read daily papers ☐

Which Sunday paper(s) do you read regularly?

Please specify: .....  
I don't read a Sunday paper: ☐

Do you read any other naturist magazines or newsletters?

Yes ☐ No ☐

If yes, which? .....

Which other magazines of any type do you read regularly?

Please specify: .

Now, let's take a look at this issue of H&E:  
Like v. much    Quite like    Indifferent    Dislike much    Dislike v.much

Front cover	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The general design and look of this issue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The features in this issue as a whole	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The travel features	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The Health features	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The photography	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health Bites	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exposed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Access All Areas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Readers' photos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diana and George	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The adverts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The products for sale	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Any further comment you'd like to make? :

.....  
.....

What other items would you like to see in H&E (if any):

.....  
.....

	Yes	No
Do you read the Classified ads in H&E?	<input type="checkbox"/>	<input type="checkbox"/>

Have you ever contacted anyone through the ads? ☐ ☐

Have you ever placed an ad in Meeting Place (the phone service?) ☐ ☐

Any further comment you'd like to make:

.....  
.....

Finally, a bit more about you:

Please rank the following according to the importance they have in your life:  
very    fairly    average    not very    not at all

money matters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
keeping healthy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
meeting new people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
career	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
travel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
naturism	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
love	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

very    fairly    average    not very    not at all

your appearance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
keeping fit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
going out socially	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Have you ever accessed H&E's Web Page (<http://www.H-and-E.co.uk>)?

Yes ☐ No ☐

If yes:

What did you like about it?

.....  
Not like about it? .....

.....  
Yes ☐ No ☐

In the past year, have you purchased:  
videos from H&E? ☐ ☐  
books from H&E? ☐ ☐  
other product from H&E? ☐ ☐

In your dealing with New Freedom H&E, are you:

Very satisfied ☐  
Fairly satisfied ☐  
Average ☐  
Not satisfied ☐  
Not at all satisfied? ☐

Further comment:

.....  
.....

What other subjects would you like to see covered in books or videos by H&E?

.....  
What other items would you like to be able to buy?  
.....  
.....

	Yes	No
Do you know about Christmas Pie Woods, the H&E club?	<input type="checkbox"/>	<input type="checkbox"/>

Have you received details? ☐ ☐  
Are you a member? ☐ ☐  
Have you attended any events yet? ☐ ☐

What would like to see the H&E club offer?

.....  
.....

Do you have any particular skills that you would be prepared to teach to others in a 'workshop' environment? ☐ ☐

If yes:

What are these?

.....  
.....

Would you be interested in appearing in H&E produced videos e.g Naked Yoga?

☐ ☐

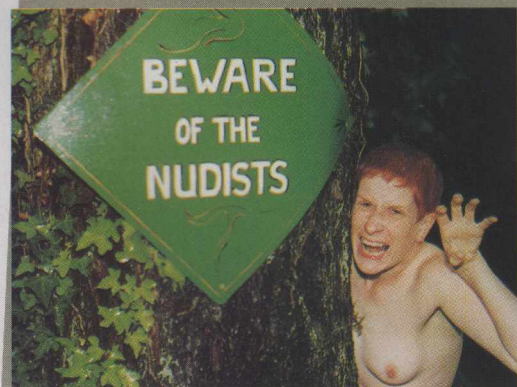
Thanks for you help. Your name will be placed in the draw . Winners will be notified by post by March 31st 1998



**Britain is sadly short of clubs where you can lose your inhibitions when you lose your clothes. Jon Williams visits an exciting new addition to the scene that takes a relaxed approach to naked living - well, when the sun's out...**



# **SUN LOVERS CAN BE FUN LOVERS**



**L**ast summer saw the opening, in west Wales, of a "new concept in British naturism." Llwynteg Country Club, in the remote village of Pentregat, Cardiganshire, is the brainchild of Geoff Dunnnett, a businessman and naturist who believes that sun worship shouldn't be strangled by red tape.

You don't need to be a member of an organisation or sun club, or remove your body jewellery, or be part of a couple, or pledge your labour, or be vetted by a committee to get in. Just bring an open mind, sun cream and a smile.

Aimed primarily at "fun loving" 25-55 year-olds, Llwynteg is a rule-free environment. The tastefully converted farmhouse offers B&B accommodation - three pleasant double bedrooms (one en-suite) and one with two single beds. There's also a TV lounge and communal kitchen. Snacks and drinks are available and a good range of pubs and restaurants provide evening meals locally.





A sauna, hot tub, massage table (Geoff trained at Silverleigh) and exercise machines comprise the health suite, which operates men-only, ladies-only, mixed and couples-only sessions at various times. Outside lie woodland, pastures and the tinkling River Bedw, which has spent the last few million years shaping the 18 acre valley site.

It's wonderfully tranquil and provides as much or as little privacy as you wish. Three fields, separated by trees, lie below the farmhouse's sun-trap garden. The large south-facing sun terrace with a soon-to-be-completed clubhouse is a natural social focus. Geoff plans to add chalet accommodation for when time and funds allow. Another bordering the river is used for tents (no caravans thanks to the narrow, rutted drive) and a couples-only area dubbed The Bonking Field.

Cross the little wooden bridge over the river and you're in the largest field, of almost Alpine gradient, with a rustic gazebo in one corner from which to admire the view. Ideal for intimate, bottle of wine evenings, watching the sunset and the occasional buzzard swooping high overhead.

A larger one nestles amid the trees lower down and can comfortably accommodate six if the girls go on top. Both also provide vital shelter from the unremitting drizzle that was a feature of our June visit. Getting back to nature loses much of its allure when it's lapping up to your ankles, so we were frequent visitors to both.

Even Kaiser, Llwynteg's decidedly superior resident security officer, indignantly declared patrol duties "rained off" unless Tom the cook upped his rate to two sausages at breakfast time. His ruse might have been successful had he not been observed wallowing in the pond during a particularly heavy downpour.

When the sun did appear, we joined Geoff and our fellow guests, John and Jean from Somerset, a travelling young Kiwi couple and various day visitors on the lawn. All had been tempted by the advert in H&E and seemed impressed with Llwynteg, even though the modest turn-out precluded any thoughts they might have had about being surrounded by sexual activity.

One couple decided to drive to the nearby Garden of Eden that evening in search of some. The rest of us stayed up into the small hours drinking wine and putting the world to rights in the oak beamed kitchen.

Apparently, the scorching May had been busier, with couples keen to try out a venue where they could, when the need arose, indulge their passions without fear of recriminations. One "rather large lady", who clearly felt the need to christen as much ground as possible during her stay, had joked to Geoff that the bridge's hand rail was not up to the demands she and her partner placed upon it.

While he intends people to enjoy as much freedom as possible, Geoff doesn't see Llwynteg as purely a swinging arena. This popular speculation had been engaging some of Eureka's regulars when I visited the previous week.

The locals don't seem too bothered about any "goings on". Cardiganshire is a relatively poor region relying almost entirely on EEC-subsidised agriculture and any venture boosting the local economy is welcomed. Predictably, there was no opposition to Llwynteg's new status.

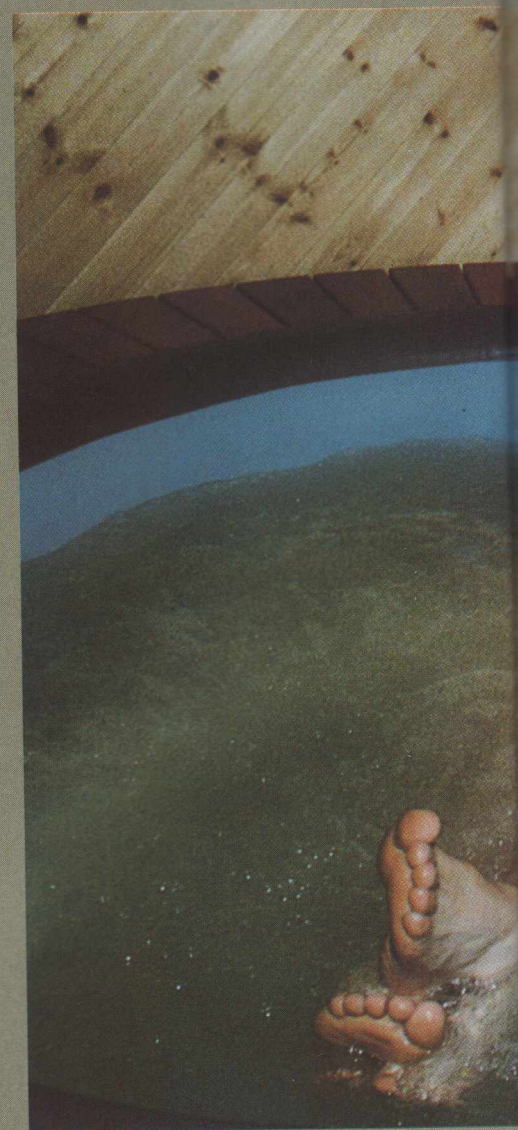
Geoff has been inundated with requests from farmers asking to graze their sheep in his top field-which is too steep to be cut

by tractor, as the others are. "Naturally they wanted to check their sheep three times a day," adds Geoff. A local councillor is also a regular visitor.

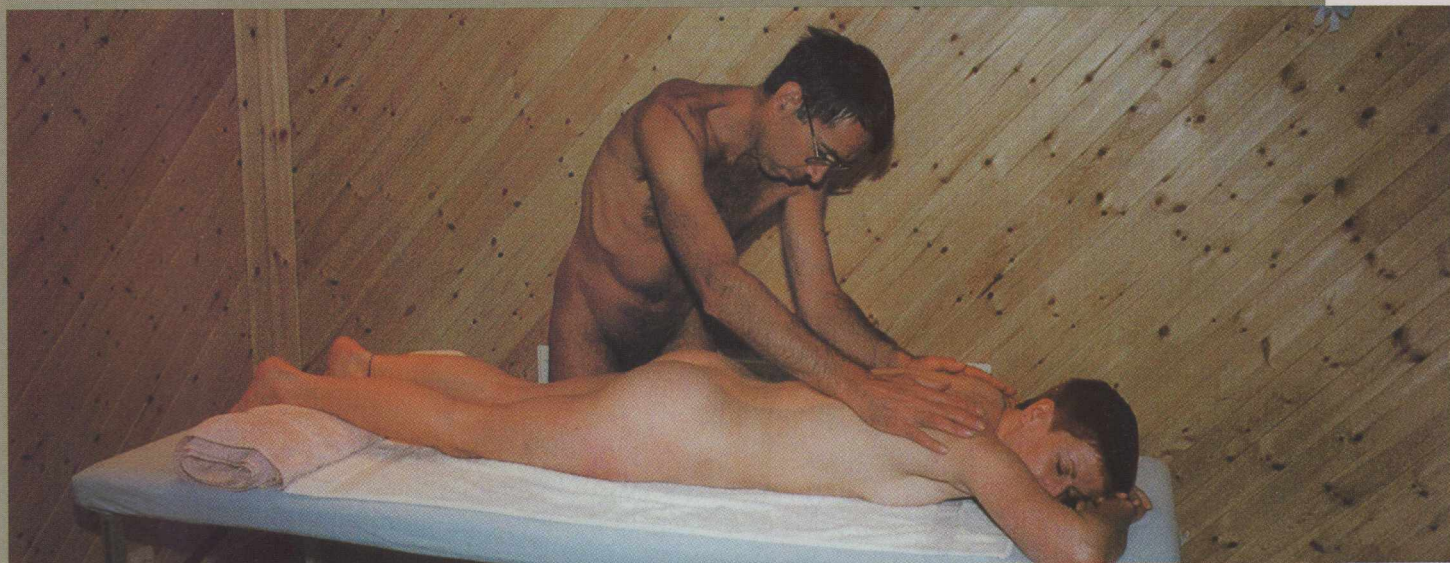
Telling Roger, landlord of the nearby New Inn, where you happen to be staying usually elicits a cheery "Oh it's a fine day for that stuff!" as he serves your pint. For some reason, I was deemed worthy enough to drink from a two pint naked lady glass instead of the usual government-stamped vessel. Everyone cheered when she acquired a foamy crop of pubic hair.

The only drawback to what is sure to become a popular haunt for progressive hedonists is the relative lack of indoor space should the weather turn bad. While the kitchen and health suite areas serve well socially, as should the completed clubhouse, busy times could see a lot of people huddled in tents or travelling in search of alternative local entertainment.

It's a minor frustration and applies to many sites, but one which should be borne in mind. Many people have tried, with varying results, to create the perfect naturist environment and it is perhaps a testament to Llwynteg's achievements that the one thing that might lessen your enjoyment of it is beyond its control. Unless, that is, you particularly enjoy sex in the rain. **HE**







**Developing the indoor facilities seems to be the secret to further success**



**For further information regarding 1998**

**prices for day visits and holidays contact Geoff Dunnett, Llwynteg Country Club, Rhydlewis, Llandysul, Dyfed SA44 5PP. Telephone: 01239 851637.**





# Sandra

Photography by Charlie Simonds



**Sandra is a real natural when it comes to outdoor living**







To place your **FREE** ad, call

**0800 839 152**

24 hours a day, 7 days a week

To respond to an ad or collect  
your messages, call

**0897 555 218**

Calls to 08975 numbers cost £1 per minute at  
all times

**Ads placed are constantly  
updated!**

**Ring the Browse Hotline  
for the latest!**

**FREE Personal Ad  
FREE Voice Greeting  
FREE Personal Profile  
Matching Service**



## FRIENDS

If you want to:

- visit a beach
- visit a club
- go to the sauna
- go for a swim
- share your car journey
- book a holiday in the company of others

If you'd like to contact others  
to share your social life,  
place your ad on our **FREE**  
line:

**0800 839 152.**

Just try it - it's so easy - and it costs  
you nothing to place an ad - it's totally  
**FREE**

**SAFETY FIRST** Arrange meetings in public place, eg  
restaurants, pubs etc, not in your home. Don't give your address  
until you are sure that you want to continue the relationship.  
Trust your instincts and don't meet again if you have any doubt.  
On your first meeting, it is best to make your own way to and from  
the venue. Participating advertisers must be 18 years or over.  
Ads will run for 2 issues (space permitting). We reserve the right to  
refuse any advert at our discretion. Service supplied by  
Advanced Telecom Services.

## WOMEN SEEKING MEN

**IT'S GOOD TO GIVE** Attractive duo, 30's, desperately seeking sexy, slim chap, 20s, as Xmas present for wife. North West. ML 25520

**IT'S STARTING TO GET COLD**, but instead of catching a chill this Autumn, why not catch the latest female advertisers on the Browse Hotline before they appear in print.

## MEN SEEKING WOMEN

**NAUGHTY IN NORWICH** Friendly, attractive 31 year-old loves older women, 50-70. If you'd like to dance as though it were your wedding night, call! ML 25404

**SMOOTH AS SILK** Lincoln-based Male masseur, 51, who is tall, slim, witty & non-smoking, seeks a tactile lady to help rub-out the creases! ML 33054

**TRIP OF A LIFETIME!** Welsh naturist, seeks attractive & adventurous Female, 20-45, for exciting, fun journey of mutual discovery. ML 28112

**PROFESSIONAL MASSAGE** Clean, discreet, trained masseur, 50. WLTm single or couple, for relaxing massage. Cambridgeshire. ML 25493

**BRISTOL FASHION!** Athletic, 36 year-old martial artist, likes massage & naturism, seeks similar woman, for fun times. ML 33009

**FUNNY FELLOW** Tall, sporty & youthful guy, 51, effervescent life-lover, seeks similarly gregarious & witty woman. London. ML 25867

**CHILLY IN CORNWALL!** Well-built, non-smoking widower, humorous & broad-minded, seeks naturist Female, 40+, to share beauty of the naked form. ML 25622

**LIKE TO LAUGH?** Mid-30's Male, very open-minded & outgoing, seeks similar Female, for fun & friendship. London. ML 26684

**BARE-FACED CHIC?** Tall, good-looking 40-something exhibitionist, WLTm like-minded Female, for fun & frolics amongst the dunes! Cornwall. ML 25817

**SUFFOLK STROKER** This sexy & slim 18 year-old, WLTm an equally happy, attractive & amorous Female, 18-24, to wriggle 'n' giggle with. ML 32975

**BARE WITH HIM!** Tall, slim, active, Male naturist, 43, seeks uninhibited Female, for revealing times. Shropshire. ML 28076

**EN VOGUE** Good-looking chap, 27, slim, smooth & tanned, would like to model for YOU! Lincoln. ML 25221

**CARING IN CORNWALL** Attractive, well-built, 60 year-old, non-smoking widower, likes naturist beaches, some pubs & travel. Seeks similarly mature, cuddly woman. ML 25225

**THE BARE TRUTH!** Tall, brown-haired & slim Male, 25, looking for 25-35 year-old Female, for fun-filled frolics. Leicester. ML 24214

**INNOCENT IN IPSWICH** New to naturism, this open-minded, attractive Male, 23, who loves sport & music, seeks 18-30 year-old Female, to show him the ropes. ML 23909

**PLAY THE GAME** Tall, sport-loving Male, believes that anything & everything goes, seeks similarly uninhibited Female. London. ML 26525

**SHOW HIM THE WAY** New to naturism, 5'8" Male, 38, seeks Female, 21-40, to show him the ropes. North East. ML 24937

**LADIES ROLL UP!!** Divorced businessman, late-40s, seeks nice, decent Female, 20-40s, for naturist holidays/weekends. Scotland. ML 24129

**CUDDLE UP** Don't let the cold Autumn weather get you down. Find that special chap for cosy nights in, by placing your own FREE ad.

**CAM-OVER-ERA!** Are you a stunning Female? No? Are you an erotic exhibitionist? Yes? Call this 31 year-old photographer. Kent. ML 24906

**IN AT THE DEEP END!** Paternal, 30 year-old swimmer, athletic & amorous, would like to meet a similarly sensual Female, 20-30. Doncaster. ML 26467

**RIPE 'N' READY** Professional, 30-something chap, adventurous naturist, seeks like-minded, intelligent 'Green Goddess', to spoil & pamper. London. ML 24198

**HOUSE ABOUT THIS?** Shaved, professional, black guy, 50, heavily into naturist scene, seeks similar Female, over 25. Can accommodate. South East. ML 24224

**WARM HIS COCKLES...** Green-eyed, slim & tanned Male, 40, open-minded, open-air lover, is searching for similar Female, to keep him warm. East Sussex. ML 24968

**SENSUAL IN SCOTLAND** Professional, 49 year-old Scottish chap, broad-minded & accommodating. Seeks equally erotic enthusiast. ML 26512

**CAMP-FIRE COUPLING!** Independent Male, 34, friendly & loving, seeks witty & wicked Female naturist, 30-40. London. ML 26361

**NAUGHTY NOVICE** Inexperienced & attractive 34 year-old naturist, looking for knowledgeable Female to show him what's on offer. Hampshire. ML 24997

**LOTS OF T.L.C.** Nice looking, slim, 5'5", 26 year-old guy. WLTm a female partner, 20-30, for friendship & T.L.C. Buckinghamshire. ML 24030

**THE BARE TRUTH!** This caring & considerate 35 year-old keen naturist & photographer is seeking a broad-minded exhibitionist woman, to 'pose & preen like a queen!' Kent. ML 23547

**GET HOOKED!** Nice Male, 5'8", 37. Likes naturist holidays, fishing, gardening, keep fit & wining/dining. Seeks Female for friendship & romance. Northampton. ML 23782

**GET THE PICTURE?** This slim & good-looking 37 year-old photographer, who is a friendly & fun-loving voyeur, is looking for an adventurous female/couple for fun & friendship. Newcastle. ML

**23258 IN THE CLUB?** If you're an attractive & medium-built lady, between 49 & 59, then call this open, athletic & very active chap who would like you to join a naturist club. Huddersfield. ML 23770

**BIG BOY!** Very well-built, fit Male, 6'2", 30's Seeks couple, or Female, for broad-minded activity. Leicestershire. ML 26320

**STUD-U-LIKE!** Tall, attractive, muscular Male, very well-endowed, seeks adventurous couple/Female, for guaranteed satisfaction. Leicester. ML 26326

**TEACH ME** 36 year-old teacher, new to the naturist scene. WLTm a Female, 30s, for friendship & possible relationship. Swansea. ML 22592

**OUT IN THE OPEN** Mobile Male, 52. Into beaches, clubs & outdoor events. WLTm similar Female. Southampton. ML 22594

**LET'S GET IT OFF** 5'11" non-smoking, fit & friendly Male, 37. WLTm Female, up to 45, to enjoy naturist activities with. London/Southeast. ML 23544

**FUN ON THE BEACH** Male, 35, seeks Female, for beaches, clubs, fun, games, etc. East Anglia/Anywhere. ML 23558

**YOUNG & FRESH** Slim Male, 30. New to naturism & loves it. WLTm Female, 20-40, for fun, maybe more. Surrey. ML 23593

**MEET MEATLESS MEAT** Professional, vegetarian Male, 40. Enjoys skiing & sport. WLTm intelligent, attractive, bubbly Female. Aberdeen. ML 23315

**'FALL' IN LOVE** Don't be alone during the long nights of Autumn. Place your own FREE ad and the nights won't be long enough.

**SHOW ME** Slim, attractive, 31 year old Male, new to the scene. WLTm a Female, of similar age, for companionship. Norfolk. ML 26236

**LOOKING FOR FUN** Extremely attractive Male, 36. WLTm Female, similar age, any status, for fun. Manchester. ML 23656

**ANYTHING GOES** Good-looking, naturist Male, 31. WLTm Female, 21-45, for possible relationship. Cambridgeshire. ML 23674

**LOOKING GOOD** Good-looking Male, 31. Seeks single Female, 21-45, for naturist activities & possible relationship. Cambridge. ML 23673

**BUNGALOW BILL!** Good-looking gentleman, own bungalow & car. Seeks F, for sun bathing & friendship. Devon. ML 23537

**MEN SEEKING MEN** ON THE MAT.? Fit 43 year-old swimmer, who likes working-out & wrestling, is looking for a stocky guy for fun & friendship. East Sussex. ML 25655

**GET YER KIT OFF!** Open, 35 year-old naturist is looking for 20-35 year-old guy, for nude, lewd & rude times! Hertfordshire. ML 28190

**TRUE ROMANCE** New to naturism, this good-looking blond, 36, WLTm friendly, open & romantic bloke, for possible 1-2-1. Wolves. ML 25488

**BLOOMIN' MARVELOUS!** Bristol-based, 25 year-old naturist, WLTm similarly



# ng Place

## eat way to make friends"

intelligent people, to tiptoe through the tulips with. ML 25292  
**CARNAL IN CORNWALL** Unshockable 36 year-old guy, who is tall, slim & very well-endowed, WLTm similar, preferably hairy guy, for torrid trysts! ML 25834

**COMING HIS WAY...** Bisexual, 27 year-old chap, tall, slim & very good-looking, seeks horny lad, for fun & friendship. Lincoln/anywhere. ML 25146

**TINKLE THE IVORIES!** This retired musician, who is gay, warm & very generous, is looking for a struggling music student to show his very well-stocked library to. Let's make beautiful music! Brighton. ML 23767

**1-2-1 OR JUST FOR FUN** Whatever sort of relationship you're looking for, why not get what you want this Autumn by placing your own ad in this column. It's fun, FREE, and gets results.

**BUCKS-IN-HAM-SHIRE!** Non-smoking, independent widower, fit & fun, seeks straight-acting gent, 35+, for steamy sauna sessions...! ML 25050

**LITTLE BLACK BOX** Quiet, self-sufficient Male, 50, likes losing himself in the 'magic box', WLTm older Male, who'll be 'goggle-eyed' when he sees his box! London. ML 24900

**WHERE'S THE GENTS?** Masculine 37 year-old, novice bisexual & naturist. WLTm well-spoken, assertive gentleman. Northeast. ML 23969  
**BI BI BABY** Laid-back, hairy, bisexual Male, 34. WLTm Male, bisexual or gay, 40+, for fun & friendship. West Midlands. ML 23343

**REAL EXHIBITIONIST** Slim & very attractive Male, 30. WLTm Male, who is a real show, for fun & more. East London. ML 23619

**SHOW ME THE WAY** Bisexual Male, 36, 5'11", muscular & very hairy, seeks guy to introduce him to naturism. East Anglia. ML 23652

### WOMEN SEEKING WOMEN

**WOMEN ON TOP** Petite, slim, blue-eyed, long-haired fun-lover, exotic & erotic bisexual, seeks similar woman, for fun and friendship. Lincoln. ML 25054

**ANY FLAVOUR** Whatever sort of woman you're looking for, you'll find her far easier by placing your own ad in this column. It's fun, it's FREE, and it works.

**GIRLS ON TOP!** This bi-sexual, married lady, with red hair & dark-green eyes, who is new in the area, would like to meet another sensual, feisty & adventurous woman for man-free mayhem! Gwent. ML 23775

### COUPLES

**CHESHIRE'S WHISKERS** Well-endowed, hairy & bearded Male, 30, seeks open-minded, older, unshaven & overweight women for fun & friendship. ML 26602

**FEELING FRISKY?** Mature couple, who like modern-living, WLTm bi-sexual Females for naughty nights & genuine friendship. Norwich. ML 25609

**SECOND TRY LUCKY?** Del from East Anglia - you responded to an ad on the browse hotline, lost your number. ML 25883

**THREE FOR ME?** Outgoing, 35 year-old chap, convivial & carnal, is looking for like-minded couple, for tempestuous times. London. ML 26685  
**NECESSARILY BARE** This attractive, 30 couple, seek straight, good-looking Male, under 30, for naturist evenings. Oldham. ML 25258  
**FOUR-PLAY!** West Midlands-based couple, who are very attractive & sexy, WLTm similar couple, for hot 'n' horny happenings! ML 28139

**LOADED WITH LUST!** Separated 45 year-old, who is tall & teasingly attractive, with a big weapon, WLTm an exciting & erotic couple. Cornwall. ML 25818

**NAUGHTY NOTTINGHAM** Loving couple, 40, seek couple, for videos & anything else you can think of...! ML 25466

**TO THE FORE!** Welsh couple, attractive, adventurous and emotionally-aware, seek similarly thrill-seeking couple. Dyfed. ML 28095

**AWAITING AN ANGEL...** Amorous, adventurous, accommodating couple, anticipate another, for fun-filled, fantasy-fuelled frolics. Dumfriesshire. ML 25481

**FANTASY FOOTBALLER?** Scottish ex-footballer, 30's, enjoys wining & dining, seeks attractive couple, 40s-50s, for fun, friendship & good times. Cambridge. ML 24360

**SEEN ANYTHING SEXY?** Graduate, 50, well-endowed, tall & slim, seeks couple,

Kent. ML 24939  
**LAPIT UP** Adventurous 30 year-old chap, slim, fit & tanned, seeks carnal couples for amorous assignations - get creamed in Devon! ML 26470

**COOL BREEZE** You'll be blown away by all the new friends you can make by placing your own FREE ad this Autumn.

**MRS ROBINSON?** Charismatic, cuddly, 50 year-old couple, into photography, massage & fun, WLTm like-minded couple for naughty, nude nirvana! Edinburgh. ML 23812

**BEAUTIFUL BRACE** Sexy couple, 27, perfect specimens of smoldering sensuality, Seek erotically exciting couple/bi-Female, for debauched dalliances! North West. ML 23851

**DEVILISH IN DEVON** Bored couple, sexy, sensual & very, very open-minded, are looking for a fun-loving, fruity couple, for frolicking four-somes. ML 26514

**HEAVENLY HAPPENINGS** Charismatic, cuddly 50 year-old couple, who are into photography, massage and having fun, WLTm like-minded people for a naughty, nude nirvana! South Yorkshire. ML 23838

**CAVORTING COUPLES?** Attractive, 30-year-old couple, very broad-minded & adventurous, WLTm couple in Canterbury. Bi-Female especially welcome. ML 23762

**EXPANDING OUR LIMITS** Educated, comfortable couple, early-40's, seek couple/single for laying on Sandwich beach, camping & experimenting. South East. ML 21827

**GET THE PICTURE?** This tall, slim & broad-minded 38 year-old naturist, who is very keen on photography, (with a telescopic lens!), WLTm similarly open, adventurous people for amorous adult fun. Yorks. ML 24887

**FULSOME FOURSOME?** Average bi-curious couple, she 36, he 40, seek similar for exciting exploration. Lancashire. ML 23294

**'AVE A BANANA!** Stunningly attractive professional couple are seeking similar for fruity foursomes! With a great pair of melons, she's a passion fruit, & he's a real peach, so call & make a date! Midlands. ML 23637

**GRIN & BARE IT!** This sensuous & approachable photographer, who is experienced & honest, is looking for an attractive & adventurous couple to 'shoot' with! Brighton. ML 23766

**SENSUAL MASSAGING** Tall, adonis Male, 43, open-minded & uninhibited. Likes sensual massaging. Seeks sensual couple, 30-40s, for social evenings & bedroom fun. Norfolk. ML 23601

**WATCH OUT!** Very attractive couple, early-30s, into videos, photography, watching & being watched. Seek mature couple, similar interests. West Midlands. ML 23356

**OH, BOYO!** Attractive, slim Male, 28, 6'2", into swimming, books, keep-fit, etc. Seeks open-minded couple, for great times. Cardiff. ML 23592

**TRAVELLING MAN** Blue-eyed Male, 35, 5'5", medium build, bi-curious. Seeks couple, or Female, for fun in & out. Can travel. Renfrewshire.

To respond to an ad or collect your messages, call  
**0897 555 218**  
 Calls to 08975 numbers cost £1 per minute at all times  
 Please note this a UK phone line service.  
 No Mail accepted.  
 Ads placed are constantly updated!

ML 23445  
**GET THE PICTURE?** Outgoing, athletic Male, 42, artist, into sauna, body-paint, photography & massage. Seeks broad-minded Female, or couple, for fun/friendship. Essex. ML 23470

**SNAP HIM UP** Naturist M 38, 5'6", All over tan. WLTm couples who are into photography. Lancashire. ML 24838

**DOUBLE DELIGHT** Happily married couple, 30s. WLTm couple for friendship. Lincolnshire. ML 23299

**CALLING ALL COUPLES** Fit, 5'11", friendly, healthy, non-smoking Male, 37. Seeks couple, for naturist activities. London/Southeast. ML 23545

**LARGIN' IT** Open-minded, good-looking, fit couple, 22. WLTm large couple, 60+, to introduce them to the naturist scene. Blackpool. ML 23610

**HANDS ON ACTION** Fit & healthy Male, 40. Loves massage. WLTm couple. Wiltshire. ML 23373

**POSING PURPOSEFULLY** Slim, attractive, well-endowed M, 48, into videos, photo posing, voyeurism, DIY & more. Seeks mature male/female, 50+, for bedroom fun & friendship. London. ML 26295

**BIG BOY** Extremely good-looking, well-endowed, professional Male, 36. WLTm couple, for good, clean, adult fun. Can travel. Manchester. ML 23655

**FRIENDS FIRST**  
**NAKED LUNCH?** Naked European Male, who is long-haired & open-minded, WLTm like-minded naturist couples/Females, for bare-faced fun. Manchester. ML 32984

**SHED PRETENSIONS?** Attractive & solvent Midlands Male, 50, WLTm people who believe that naturism is a philosophy as well as a pleasure. ML 33050

**STRIPPED TO THE BONE** Nude-model, 35, tall, fit, practicing naturist, seeks people interested in the Male form. London. ML 26683

**STRESS-BUSTER!** North East-based masseur, athletic & attractive, seeks uninhibited lady, who'd like a sensual & satisfying stroking! ML 26691

**SULTRY IN SURREY** Tall, medium-built explorer, 49, seeks open-minded, intelligent & empathic people, to guide him into naturism. ML 33040

**CANDID CAMERA** Lust in Luton, 50 year-old photographer, seeks people, 50-70, for stitch-free posing. ML 25423

**PUNISHMENT, CORPORAL** Policeman/serviceman, under 40, wanted for friendship. Inform those in uniform that this guy is an arresting sight! South West. ML 25835

**A PERFECT MATCH** Are you a keen sports person but lack a partner? Why not place a FREE ad in this column and let the games begin!

**CRAZY IN CUMBRIA!** Tall, very well-endowed exhibitionist, likes videos & photography, seeks equally adventurous people, for...anything! ML 25287

**TWO FOUR MORE?** Very sociable, sophisticated, carnal couple, 40, seek like-minded couple, for holidays, etc. Wales. ML 26601  
**NATURALLY NATURIST?** Convivial 45 year-old chap, who is into all things naturist - massage, videos, saunas,

etc., is looking for like-minded friends in the Scarborough area to share his passion... ML 24919

**CAP D'AGE? COP THIS!** Professional, 28 year-old French Male, approachable & fun-loving, seeks similar people for fun & travel. Buckinghamshire. ML 26499

**'WHEELIE' GREAT!** Mad, bad, 31 year-old mountain-biker, enjoys cinema, beaches & laughing. Seeks fun-loving, friendly Female, 20+. Brighton. ML 24868

**HUMAN TRIPOLI!** Tall, slim, good-looking Male, 29, athletic & fun-loving. Into photography & adventure. Seeks like-minded Female or couple. Nottingham. ML 23881

**IN THE PINK** Slim, easygoing male, 46, friendly & a good listener. Likes body art, massage & travel. Seeks naturist single/couples, for friendship & more. Hull. ML 22450

**HAPPY FAMILIES** Naturist family, 30s into visiting beaches, clubs etc., seeks other couples/families/singles for friendship & fun. London. ML 23784

**LIFE'S A BEACH!** Fun-loving, friendly 37 year-old guy, would like to meet an equally easy-going & convivial naturist to go on holiday with. Essex. ML 23310

**FUN, FUN, FUN!** This seductive 24 year-old professional woman is looking for a fun-loving, outgoing girl for friendship. Birmingham. ML 23645

**HEALING HANDS?** This tactile, aware & open 40-something guy, who enjoys massage, naturism & photography, is looking for similarly broad-minded guys/girls for fun and friendship. Luton. ML 24855

**RULE THE ROOST!** Mature, masculine 50 something peacock, who is vain, with a penchant for spicy outdoor naturism & mild corporal punishment, is looking for pliant, lusty 'birds'! Surrey. ML 24864

**FORGET THE COSSIE!** Tall, good-looking guy, with blond hair & blue-eyes, who is new to the naturist scene, seeks similarly open-minded & fun guys/girls for nude swims - 'nautical' but nice! Scotland. ML 23765

**GET ON BOARD** Straight-looking/acting, ex-navy Male, Irish heritage, seeks adventurous Male, 18-30, for specialised sport & exchange holidays. Cardiff. ML 26273

**NEW ON THE SCENE!** Young couple, 20s, seek genuine friends, for naturist holidays, clubs & evenings in. Warwickshire. ML 23447

**SHOOT ME** Fit, 5'11", experienced Male model, 37. Seeks artist, photographer or group, with interest in art. London/Southeast. ML 23532

**GET IN THE PICTURE** Amateur, naturist photographer Male, 37. WLTm Male, Female or couple, to photograph. Bristol. ML 23541

**EUREKA!** Male, 37, into swimming, photography & naturist parties. WLTm Male or Female, under 38, with similar interests. Surrey. ML 24006

**ALL ROUNDER** Slim, shaved & pierced Male, 44. Seeks artistic & creative couple. Hampshire. ML 26339

**WINTER WARMER!** Male, 60s, seeks to form indoor group, for that nasty winter. Into massage, videos & adult pastimes. Will travel. Surrey. ML 23234

"What an easy way to make new friends and acquaintances!"- Place a FREE ad in the new JUST FRIENDS section 0800 839 152

interested in voyeurism, massage & DIY. Sussex. ML 24357  
**TWO TRUE!** Adventurous & ardent couple, seek similar, for naughty nudity! Suffolk. ML 24171

**'STOKE' HIS FIRES!** Outgoing, 25 year-old northerner, tall, slim & attractive, seeks experienced & erotic couple, to guide him into naturism. ML 25360

**DON'T 'WELSH' ON HIM** Newcomer to naturism, this attractive, bi-curious Male, tall & good-looking, WLTm similar couple. ML 25384

**'BOUND' TO BE FUN!** Carnal couple, 29, seek similar couple, experienced in naturism, to show them the ropes (handcuffs, etc!). Kent. ML 25386

**LOVE IT!** Bisexual blonde and horny husband seek Female/couple, for fun-filled frolics. Southampton. ML 24287

**EQUAL-LATERAL LOVING** Sexy, sensual & open-minded couple, extremely attractive, seek similar, bi-sexual, funky Female, 20-30, to lose herself...in 'The Triangle Zone!'



NEW TO H&E FOR 1998

# Holiday Guide

ADVERTISE YOUR NATURIST HOLIDAY  
ACCOMMODATION EACH MONTH  
TO OUR 100,000 READERS FOR 1998

**FOR ONLY £36 PER MONTH  
INCLUSIVE OF VAT**

You can promote your services in one  
of our special discounted holiday boxes

## HOLIDAY GUIDE ORDER FORM

Send your ad in to: Classified, *New Freedom Publications Ltd.*,  
Bow House Business Centre, 153/159 Bow Road, London E3 2SE

NAME ..... ADDRESS .....

EXAMPLE

**CANARIES** Enjoy year round  
good weather, good company  
and excellent food. Choice of  
apartments with secluded  
sunbathing/pools and beaches.  
From £50 P/P P/W. 00 0000  
110011 (910265 9910 1yr)

..... POST CODE .....

DAYTIME PHONE NUMBER (IN CASE OF QUERIES): .....

I enclose a cheque/PO for £..... made out to *New Freedom Publications Ltd.*

or my credit\*/debit card details are:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------

Expiry date

Issue No: (where given)

Signature .....\*(We do not accept Diners)

Card Holder's Name .....


OFFICE USE  
ONLY

8 CONSECUTIVE INSERTIONS - HOLIDAYS FROM FEBRUARY - SEPTEMBER  
£40 LESS 10% DISCOUNT = £36 PER INSERTION TOTAL PAYABLE £288

15% DISCOUNT FOR 12 MONTHLY INSERTIONS  
RING 0181 980 8380 AND ASK FOR JACKIE



**Ibiza. Exclusive country estate.** Naturist paradise for pleasure seeking swingers. Hedonistic atmosphere. S/C apartments. BBQ, Bar, S/Pool, Jacuzzi, £25. P.P.D. 00 3471 331157 (910265 9910 1yr)

**REPS VISITING DEVON!** (M5J27) Peaceful discreet cottage. Male environment. £39. en-suite B&B. Business receipt issued. Daytime drop-ins also. Reservations only by Credit Card. Occasional couples also. Tel 0374 890 568. (910057 9902)

**Canvey Island.** Essex. B&B in naturist home, Friendly atmosphere. Day visits & massage available. Phone 0402 274172. (910157 9903)

**West Wales-** Attractive naturist couple offer relaxed, friendly B&B in comfortable private home. Coastal location. Singles, couples, reps welcome. Tel 01834 845457 or 0797 0302703. (910129 9901)

**Leeds/Bradford/Yorkshire Dales.** Welcome to naturist B&B in characterful Victorian house. Enjoy spacious bedrooms, lounge with log fire, excellent meals. Tel: 01274 532002. (910173 9903)

**Cumbria/North Lakes:** Relaxng B&B with optional EM in genuine friendly naturists' family home. Easy reach M6 Tel: (01768) 881834. (910180 9902)

**Naked in winter!** Fuerteventura- the natural choice for a winter tan. Fabulous beaches and lovely accommodation at prices you'll like. Brochure from Sunseekers (Dept H), FREEPOST (RCC2232). Horsham, West Sussex, RH13 6ZA or telephone 01403 891495 (anytime) (910164 9901 T/C)

**East Anglia** Friendly attractive naturist couple offer relaxed champagne, jacuzzi and massage, evenings or overnight stay for singles or couples, in luxury intimate surroundings. Phone 01473 715150 (evenings) (910132 9901).

**Algrave Farmhouse** 100 secluded acres. Sleeps 8. Pool-discreet and childproof. Many secluded beaches within 30 mins. For details / prices and availability ring 0171 621 1331. (910202 9902)

**Your holiday ad** could be in this space from only £36.00 per month. Reach our 100,000 readers every month! **Ring 0181-980-8380**

**The Dept of Winter(!)**...But be sure of a warm welcome from naturist couple offering B&B in Devon, with a log fire to toast your toes. Singles/couples. Massage 01364 642230. (910286 9902)

**Established West Berkshire B&B** for discerning naturists. 10 minutes M4. Spa & sauna suite, superb home cooking in beautiful country home. No smoking. Tel (01488) 608456 (910207 9902)

**North Kent/near London.** B&B with indoor pool, sauna, jacuzzi, all rooms colour T.V. From £21.50. Ring 01474 853438 (910102 9901 T/C.SL)

**Brian & Patricia accommodation** France, Swimming pool! additional services! Jacuzzi, Sauna, Massage etcetera. Video £10. Brochure .60p Fax/Phone 0033(0) 553930604 Ryall Carrouze, 47800, Armillac, Miramont. (910330 9902)

**Hampshire New Forest** attractive naturist couple offer relaxed B&B in private new forest home E/M available. Singles and Couples, Reps welcome Tel: 01425 476870 (910331 9903)

**Lanzarote 3 bed villa,** TV video, private heated pool, solarium, quiet position 3 miles from airport, car necessary, sleeps 6/8 persons from £450 weekly. Phone 0034 28 512149. (910137 9901T/C)

**Durham, N.E England.** Naturist accommodation offer by mid-40s professional couple. We offer the more discerning naturist excellent food, Good wine, Stimulating conversation...and a FREE JACUZZI!. Tel or fax 0191 525 0490 or send E-mail to Gramarye. BB@ Virgin. Net. (910269 9903)

## LLWYNTEG COUNTRY CLUB

FOR SHORT QUALITY BREAKS THROUGHOUT THE YEAR

### AGED 25 TO 55?

And you like naturism, right? I mean, its fun not wearing any clothes. Makes you feel sexy, doesn't it? Showing off a bit of style.

A bit of class about it. So you go along to your local Sun Club in the hope of finding people like yourself.

Instead you find a glorified scout hut and a load of boring old farts. About as sexy as a bowl of porridge.

Surely somewhere in Britain you can find what you're looking for. For further information send three first class stamps to:

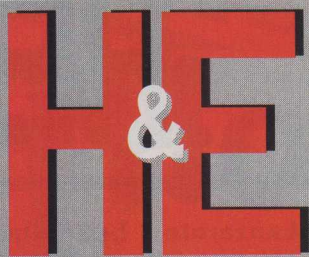
Llwynteg Country Club  
Rhydlewils  
Llandysul  
Dyfed SA44 5PP

For reservations tel 01239 851637

**0181-980-8380**  
to advertise

**Final date for classified copy for our March issue (on sale Thursday 26th February) is January 26th 1998**  
**Ring now! on 0181 980 8380**





## CLASSIFIED ADVERTISEMENTS

Advertise your facilities and services to a broad spectrum of interested people through H & E - the unique magazine for natural leisure - can you afford not to?

0181 - 980 - 8380

**NEW FREEDOM PUBLICATIONS Ltd.**

**Model available** for photographic/video work. Studio or Location. All types of work considered. Telephone: Sandra on 0411 692536 (910327 9901)

**Amateur photographer** (in Sheffield area) seeks tall, slim naturist male (18 to 25) for photography (Private, No Publication). No previous experience needed genuine replies only please. Phone 01302 344621 (910285 9901)

**Artist** seeks models for a photographic documentary, ages 1-80, male and female. Ages still needed: Male 78,80 Female: 66-68, 75-80. Travel expenses paid and print available. Telephone Tony Kelly 0171 627 5439 (910208 9903)

**Photographer (London)** seeks amateur nude/ clothed models male/ female under 30. Please supply details, pref with phone. First timers welcome. Travel expenses may be paid. Box no. 980901. (910181 9901)

**Circumcised/Shaven** amateur photographer wishes to hear from couples and single females who take a pride in their circumcised (male) and immaculately shaven (female) appearance. No experience necessary complete discretion. Excellent rates. Photo and S.A.E helpful. Box no 981201. (910299 9902)

## PHOTOS

**Professional photographer** offers personalised Portraits, Portfolios and Fine Arts studies. Also young models sought for project and film processing available, 24 exposure £5.99, 36 exposure £6.99. Studio Alexander PO Box 45, Bootle, Merseyside L30 3UQ. (910328 9902)

**Kim's Prints** confidential photo service. 6 x 4 prints 24 exp. £3.99

plus 50p p&p. 36 exp £4.99 + 50p p&p. Send your films to: FREEPOST (BH1862) Poole Dorset BH14 9BR (910112 9812)

## PERSONAL

**Attractive couple** offer escorting services Scot/ Glas Tel 0800 196 436. (910324 9901)

**Au Pair required** by professional naturist father, must be confident, competent and caring. Accommodation and food provided S/E Kent 5 min from beach. **Serious callers only.** Tel 01303 278338. (910257 9901)

**For Hire** Naturist handyman, cleaner. Will do all jobs quick as a flash with exceptional results, hire me and you won't be disappointed call Julian in Farnborough. Call 01252 657527 (910302 9902)

**East Anglia** Female naturist housekeeper, live-in/live-out required by male professional. Must have clerical skills and a valid driver's licence. Reply with photograph and telephone number to Box no.981204 or e-mail: parkway services@btinternet.com. (910311 9902)

**International Newsletter**, plus worldwide correspondence list, free listing, and naturist photos, posters and videos. Also **female photomodels** wanted experience not necessary please reply including nude photo. Write to I.N.I.C PO Box 2082, 2800be, Gouda, Holland. (910323 9903)

**Couple Young 60s** W.L.T.M another couple same with W.G.S.H for friendship. Cornwall, enjoy eating out and home. Photo if possible. Returned. All letters answered. Box no. 981202 (910305 9901)

**Uninhibited women**, men and couples seek broadminded/ adventurous people! Free information; send SAE now to Samantha Wilde Bureau, 2-5 Old Bond Street, London, W1X 3TB Established 1987 (910119 T/C)

**Ladies only** experienced mature male offers all escort duties for ladies. Dining, theatre, office functions, sports events. Massage also available. No males. Middlesex, Herts, West London. Contact No 07050 041721 (910195 9812/T/C MC)

*New Freedom H&E*  
**VISIT OUR NEW CLUB GROUNDS!**

Ring our answerphone on 0181 983 9969 and ask for 'H&E Club details', leaving your name and address and we'll send you details of what's on.

Various workshops will be held in the autumn and winter months

## VIDEOS

### NEW AND UNIQUE!

New for sport fans:

Nude Bowling Party. Video showing bowling like it should be, only £19.95 (inc p&p).  
Miss Nude America 1996: A nude beauty contest like only the Americans can organise. Great fun video for £19.95 (inc p&p).  
Outrageous! A beautiful 'smoothie' French girl explores nudity in public places in Paris:  
Streets of Paris video no.1 for only £14.50 (inc p&p).  
Streets of Paris video no.2 for only £14.50 (inc p&p).

Over 18's only

To: **Main Event Productions,**  
PO Box 79, Leeds, LS19 6XN

**Capture Your** naturist pleasures on tape. Experienced video cameraman will travel, or visit my central London studio apartment. Beautiful Quality, sensitively filmed. John 0171 792 3444. (910325 9901)

## OTHER CLUBS

### EUREKA

**NATURIST CLUB WELCOMES YOU**

Manour Lane, Fawkham., Kent

DA3 8ND

Year round -Socials,  
Parties, Games  
(outdoor/indoor),

Super Pool (heat pumps),Sauna,  
Plunge Pool and Solarium + more!!

Modest Fees

Women and Children free. For details send two first class stamps

Telephone  
Londfield

(01474) 704418 (Club)

(9901)

**Liberated singles** and couples are having fun together, throughout the UK. Why not join them? SAE: HE198, 84, Stafford street, Atherstone, Warwickshire, CV9 1DW. (910259 9901)

## SUN CLUBS

For **FREE** colour guide

**ABNC CLUBS (ALL UK AREAS)**

\* HOW TO CONTACT

\* WHAT FACILITIES AVAILABLE

Send s.a.e. to:-

Association of British Naturist Clubs  
14 Jackman Drive, Horsforth, Leeds,  
LS18 4HS.

(A/C 9100194 T/C)

**Kingfisher Naturist Sunclub**, sauna, pool, massage, sun terrace, lovely surroundings, open daily, social evenings. Tues/Thurs. Naturist B&B M3 Junction 3. 01276 452598. (910193 9902)

**Spectrum Naturist Club Birmingham.** Welcomes families and couples to our swim night. Sauna steam room and Gym facilities. Phone 0378 264967 For details. (910308 9902)

## THIS AND THAT

### ONE♥TO♥ONE GENUINE CONTACTS

Listen-Respond-Swap details Dial 0896+1819017  
Listen to young women 18+ · 181 9018  
Ladies waiting for your call ages 25+ · 181 9019  
Bored housewives aged 30+ witty · 181 9020  
Bi females looking for other ladies · 181 9021  
The Couples Hot Line · Get together · 181 9022  
Female partner's personal adverts · 181 9023  
Mature ladies would like to meet you · 181 9024  
For women · Find a man · Std BT rate · 0990 258 900  
0896 COST £1 PER MINUTE · ASL PO BOX 111 LSH 1YD

## SEX ADVICE

**24 hour service · Just listen · 0896+**  
Male masturbation techniques · 181 9025  
Female masturbation methods · 181 9026  
Oral sex techniques, both sexes · 181 9027  
Secrets of the female orgasm · 181 9028  
Sexual intercourse · best ways · 181 9029  
Anal sex · pleasures, cautions · 181 9030  
Do you have unusual tastes? · 181 9031  
If you come too quickly, delay it · 181 9032  
Are you a voyeur? Find out · 181 9033  
Are you Bisexual? Then call · 181 9034  
Learn how to attract women · 181 9035  
Does penis size really matter? · 181 9036  
CALL COST £1 PER MINUTE · ASL BOX 111 LSH 1YD

**Sensational Undergear**  
Catalogue of men's / ladies' under-wear and swimwear, thongs, G-strings, micro briefs in cotton, nylon, lycra and leather. Send £3.00 in stamps (free G-string) to: P.S. Leisure, PO Box 108, Wellingborough, NN9 5ZX (910090 9807+so)

## SAUNA AND SPA

### Genuine Finnish Saunas

from Finland's largest exporters! Indoor and outdoor models, sauna heaters and d.i.y. parts. **Real Californian Spa-pools, too!**

Ab LAGERHOLM UK

FREEPHONE 0500 432132 (A/C)

Final date for classified copy for our March issue (on sale Thursday, 26th February) is 26th January 1998

**Ring 0181-980-8380**



## FRIENDSHIP

### WorldWide Christian Naturist Fellowship.

Brother Alexander central organiser, bridging the continent. Meet new friends and penpals from all over the world all origins, shapes, sizes and religions. Write to Box no. 981103. (910289 9901)

**Two Friendly Sporty** young guys 19 & 20 planning a two week naturist holiday in France summer 98, want two three or more guys to join. £50. weekly. Genuine replies only with photo Box no. 990102. (910322 9901)

**Friendly Adventurous** naturist couple (30) seek single-couple, to share photography, massage, fun and games. She slim, blonde and vicarious discretion G.S.O.H essential. Home base west country, temporarily living in Greece to correspond and maybe meet, write to Box no. 990101. (910321 9901)

**Seeking Naturists**, communes, couples, companions of similar mind? Penfriends in all areas and throughout USA worldwide. Stamp please, Baraka H, The Golden Wheel, Liverpool, L15 3HT (99/01)

**Meet New Friends** and lovers! Singles and couples enjoy Parties and Introductions! Phone now for details:- (24 hours) 0181 236 4006 (910120 T/C)

## MASSAGE

**Please note we will remove** any advertisements shown to be from non-qualified or unprofessional practitioners without refund.

### SILVERLEIGH COLLEGE OF MASSAGE & THERAPIES

NATURIST- NEAR LONDON

Fully professional IRMT or casual one day courses. Free use of Indoor Pool/ Sauna/ Jacuzzi for day or Residential Students. Work available here for qualifiers who wish new career.

Send 4 x 1st class stamps for prospectus  
Silverleigh, London Road,  
West Kingsdown, Kent, TN15 6EX

(A/C91223 T/C)

**Massage by qualified** masseuse. Pleasant surroundings, private and discreet. Six days and some Sundays. Naturist environment. Genuine calls only. For appointments phone 01933 625070 (910167 9901)

**Sue and Steve** demonstrate and teach sensuous massage privately. Singles/couples. Evenings. N. London (M25/M1) Also 'Liberating sensuality' Saturday Seminars- Leaflet (2 x stamps) 'Healthcare' Box 515, St Albans, AL1 5DW (910270 9903)

**Jingle your way** to a Merry Christmas and with a refreshing start to a new year, with

Christina's winter warmer combination massage. M1 Junction 15 Tel: Northampton 01604-472576 (910280 9902 inv)

**Stockport. Swedish full body** massage. Friendly, unhurried service by mature non-smoking masseur (Btec/Merit). £18. for one and half hours. Mornings/Evenings. Mike 0161 - 430 8234. (910291 9812)

**Essex. Enjoy** a sensual, naturist full body massage with oils, for complete relaxation. (Qualified) Shirley 01268 566002. (910188 9901)

**Essex** Genuine massage with aromatherapy oils, to relieve stress and tension. I.T.E.C. QUALIFIED. Phone Melanie 01702 540930 for convenient appointment. (910219 9901).

**Qualified Male masseur** provides relaxing naturist full body massage for ladies, gentlemen and couples. Home or hotel visits only. London and southern countries. Phone 0973 654702 (910253 9903)

**Escape the pressure** of every day life and treat yourself to a totally satisfying full body massage ladies and gentlemen welcome. Tel now on 01727 811234.

(910232 9901 TC/MC)

### Therapeutic Body Work

Soothing therapies to ease aches, and relax you. Suitable for men or women, clothed or undressed. Mike Groves (01279) 871539. (0589) 240090 Near Stansted Visiting possible. (910189 9902 T/C)

**Gatwick/S London Nr.M25J8.** Full body massage for the discerning, by qualified middle aged, young at heart male naturist. Don't be disappointed. Visits and appointments 0410 391222. (910313 9902).

### Notts. David and Susan

invite you to enjoy nudity and massage together or individually. David also has private facilities for gents preferring a masseur. Sauna, Showers, Relaxation. Tel. 0115 9232 484 (910287 9901)

**Naturist massage** man to man 6ft slim 40s masseur friendly sensual discreet nice home East London Essex North Circ M11 Central line tube Mike 0181 530 6174. (910315 9902)

**Complete body massage** offered to men by young athletic guy in comfortable apartment. Also body shaving. Central and hotel visits anytime. Steve (0171) 376 4152 (910159 9901)

**Brighton Sussex**, relieve stress and tension of everyday life, unwind with a aromatherapy bath and full body massage (I P T and ITEC). Also body shaving, gentlemen only. Phone Chris on mobile 0370 777047 or 01273 818219

(910087 9901 T/C)

**Male masseur** offers genuine aromatherapy massage in clean, warm comfortable surroundings. Ladies, gentlemen and couples welcome. Shower facilities available. Call Brian 01702 540930 for convenient appointment. No call after 9p.m. (910219 9901).

**London W11** Qualified naturist female masseuse offers excellent massage. Mon - Fri - same day appointments. 12 - 10p.m. 0181 969 4457 (99/03)

### Gt Manchester/W Yorks.

Full body massage by qualified masseur and wife for ladies, gents, couples in high class surroundings. Can visit Phone 01457 872866 (910140 9901)

**London, Kensington** black male masseur offers the best professional massage ever, £25. per hour. ITEC qualified home hotel visits and other services available. Everyone welcome contact David 24hrs 0171 603 1664 (910165 9901)

**S.E. Kent.** Lady offers relaxing naturist massage in the comfort and privacy of her own sea-side home. Phone after 11am for appointment Tel. 01843-580041. (910293 9901)

**Qualified Naturist** masseur & masseuse full body massage. Aromatherapy. Ladies & couples preferred. Central London Appts 0171 286 0327. (910319 9902)

### Northampton-Banbury

Qualified female Therapist/Counsellor offers aromatherapy, Reflexology, Shiatsu, Swedish, Tao massage and counselling. Private home studio with sauna and shower. Park Studios. Tel: 01604 404461 or 0411 290918 (910045 9901 T/C)

### For Mind, Body and Soul.

**Ladies/Gents** Discerning Ladies, Gents & Couples, enjoy a soothing relaxing naturist massage by experienced qualified practitioner. Home visits available. Jon: 0181 903 4951 or 0976 411868 (910231 9902 invc)

**S.E. London/West Kent.** Full body massage/aromatherapy by experienced naturist couple for ladies, gentlemen, couples. Relieve stress, tension and totally relax. Sensual massage for couples. Tuition available. 0181 690 8714 or 01689 812426 (910206 9902)

**Lincolnshire**, attractive mature couple offer full body relaxing, sensuous naturist massage, either singly or together, for ladies, gents and couples. Learn how Tantra can improve your sex life and give you better health and

vitality. Phone Jan or Mike 01526-345446 (910198 9902)

**Guildford.** Masseur I.T.E.C. qualified offers full naturist body massage to ladies, gentlemen, couples in private clinic or local home visits. Phone Christopher 01483 211050 (910077 9903)

**"Excellent aromatherapy** in West Yorkshire". Exit 26, M62, Joyce Frearson. S.P Dip. A., M.I.S.P.A., R.S.A. Counselling. Tel: 01274 876621 for details and appointments. (910262 9901)

**Cheshire Aromatherapy** by qualified masseuse. For information/ same day appointment, Mon, Tues, Wed, Fri, please call before 9.30 a.m. 01625 511551 (910163 9901 T/C)

**Masseur/ex Royal Marine P.T.I.** offers sensual massage, gym workouts, body shaving, herbal bath etc. for gents, ladies and couples. All naturist environment. Junction 10/11 M25 Can accommodate. Phone 0836 356145 (9102019902)

**London's finest** and most outstanding male masseur. Handsome 34 year old naturist. Private luxurious Hammersmith surroundings. All services. O.A.P discounted weekdays. Deep tissue and prostate massage a speciality. All services. Credit cards accepted. John (0181) 741 0412 (910219 9902)

**Voluptuous Rona** blonde 42dd naturist shaven and pierced, gives sensual full body massage to executives in discreet luxury surroundings. Relax and let me relieve your tensions. Friendly - no hurry-satisfaction guaranteed, also available for photo and video work. Ipswich 01473 270120 (Mon-Fri 10am-6pm) (910288 9901)

**North/West.** Professional masseur offers quality, unhurried, full service massage, special aromatherapy, assisted aromatic bathing etc. Also B&B as required. Appointments only 0151 652 5948 (910186 9902)

**Bedford male masseur** offers superior naturist massage for men, women, couples in private comfortable surroundings. Appointment from 6.30 p.m. daily. Tel: 01234 325951 or 0802 405 018 (910161 9901 T/C MC)

**Attention: All massage practitioners are now required to produce documentary evidence of their qualifications before their advertisement is placed.**



# CLASSIFIED ORDER FORM

Send your ad in to: Classified, *New Freedom Publications Ltd.*, Bow House Business Centre, 153/159 Bow Road, London, E3 2SE

**Please insert the following ad in the next available edition.**

**Please run it for ..... issues (3 or more = 10% discount)**

NAME .....

**ADDRESS** .....

..... **POST CODE** .....

**Daytime phone no (in case of queries):.....**

**I enclose a cheque/PO for £ .....made out to *New Freedom Publications Ltd.* or my credit\*/debit card details are:**

[illegible]

**Expiry date**     **Issue No:(where given)**

**Signature .....** **\*(We do not accept Diners)**

**Card Holder's Name .....**

Tick for a **box number** (£5.00 UK, £10.00 overseas each insertion)

Tick for **colour** in your ad (£5.00 extra each insertion) ☐

Tick if enclosing a **photo** (£10.00 extra each insertion) ☐

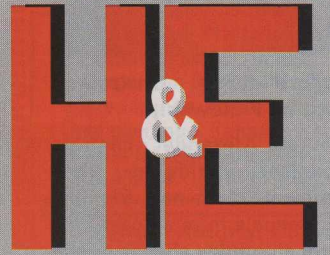
(25)		

**MINIMUM charge**  
**£30.00 per insertion**  
**(for 25 words) Each**  
**additional word £1.30.**  
**If placing in three or**  
**more consecutive**  
**issues, 10% discount.**  
**All prices are per**  
**insertion. Continue**  
**ad on piece of paper**  
**if necessary.**

OFFICE USE ONLY

Please send in full page

(9901)



## CLASSIFIED ADVERTISEMENTS

**The Publisher reserves the right to refuse any advertisement considered unfit for publication. Every reasonable care is taken to ensure that all goods and services offered in these pages are bona fide and are what they purport to be. Where it is brought to the publisher's notice that the case is otherwise, rigorous action will be taken to protect the name of New Freedom Publications Ltd.**

**The Publisher reserves the right to  
rewrite or otherwise alter any  
advertisement to be published in this  
magazine. For all enquiries relating to  
Classified Advertising phone our  
advertising department on  
0181 980 8380**

## BOX NUMBERS...

**Replies to:**  
**New Freedom Publications Ltd.**  
**Box Number . . . .**  
**Bow House Business Centre 153-159**  
**Bow Road,**  
**London, E3 2SE**

# CLASSIFIED ADVERTISING

**Minimum charge of £30.00 per insertion  
for up to 25 words.**

**Extra words: £1.30 each**  
**Box numbers count as two words and cost £5.00 extra per insertion to cover administration and postage. Overseas**  
**Box numbers are £10.00**

**RING OUR  
CLASSIFIED  
DEPARTMENT ON  
0181 - 980-8380  
and ask for  
Jacqueline**

**For details of full colour and more prominent display advertising:**

**RING OUR DISPLAY DEPARTMENT ON 0171-434-1014**

**and ask for Laurence**



## VIDEO and BOOK Order form

For any further information or overseas prices, please phone 0181 983 9969. Send the entire form to New Freedom Publications Ltd., Bow House Business Centre, 153-159 Bow Road, London, E3 2SE. Unless otherwise specified, cheques are payable to

**New Freedom Publications Ltd.,**

IMPORTANT NOTE: PAYMENT BY CHEQUE/EUROCHEQUE OR P.O OR MONEY ORDER MUST BE IN STERLING DRAWN ON A UK BANK, OTHERWISE ADD £6.25 FOR PROCESSING CHARGES TO YOUR ORDER PRICE AND THEN CONVERT TOTAL TO YOUR OWN CURRENCY.

99/01 JAN 1998 This Coupon Valid till 31/01/98. Allow 28 days.

**ALL PRICES INCLUDE POSTAGE AND PACKING IN THE UK.  
FOR ANYWHERE ELSE IN EUROPE, ADD A FURTHER £1.00 PER ITEM  
FOR THE REST OF THE WORLD ADD A FURTHER £2.00 PER ITEM**

OFFICE USE ONLY:

NAME: .....

ADDRESS: .....

.....

Postcode:.....

Country:.....

I enclose a cheque/P.O. payable to New Freedom Publications Ltd., or please charge my credit card for the total amount. I am over 18. Number:

.....

Expiry: ☐ ☐ ☐ ☐ Total: £.....

Signature: .....

Please send these

**VIDEOS:**

Alison over the Moon	<input type="checkbox"/>	£19.99
All Nude Work Out	<input type="checkbox"/>	£19.99
All Nude Work Out 2	<input type="checkbox"/>	£19.99
All NWO3 (Sexual Fitness)	<input type="checkbox"/>	£26.99

Arizona/Nevada	<input type="checkbox"/>	£26.95
Art of Nude Massage	<input type="checkbox"/>	£19.99
Bare Boat Odyssey	<input type="checkbox"/>	£21.99
Barely Balearic	<input type="checkbox"/>	£21.99
**Body Art	<input type="checkbox"/>	£26.99

California 1	<input type="checkbox"/>	£21.95
California 2	<input type="checkbox"/>	£21.95
California Dreamin'	<input type="checkbox"/>	£26.95

Canada Naturally	<input type="checkbox"/>	£26.95
Canada Naturally 2	<input type="checkbox"/>	£26.95
Cap d'Agde - Naked City	<input type="checkbox"/>	£21.99

Carefreely Corfu	<input type="checkbox"/>	£21.99
Cast off with Cockatoo	<input type="checkbox"/>	£21.99
Cretan Kalypso	<input type="checkbox"/>	£21.99
Educating Julie	<input type="checkbox"/>	£21.95
Florida 1	<input type="checkbox"/>	£26.95
Florida 2	<input type="checkbox"/>	£26.95
Freedom Denmark	<input type="checkbox"/>	£26.95
Girl with no Name	<input type="checkbox"/>	£19.99
Heather's Story	<input type="checkbox"/>	£26.99

Hitch Hike	<input type="checkbox"/>	£19.99
In Harmony with Nature	<input type="checkbox"/>	£21.99
Intimate Interview - Lynne	<input type="checkbox"/>	£19.99
Intimate Inter. - Kelly	<input type="checkbox"/>	£19.99
Intimate Inter - Juliette	<input type="checkbox"/>	£19.99
Let y/self be Free(no NTSC)	<input type="checkbox"/>	£16.95

Let's Get Naked GB	<input type="checkbox"/>	£21.99
Mermaid	<input type="checkbox"/>	£19.99
Naked Africa	<input type="checkbox"/>	£26.95
Naked as Nature Intended	<input type="checkbox"/>	£16.95
Naked Down Under	<input type="checkbox"/>	£26.95
Naked Enchantment	<input type="checkbox"/>	£21.99

Naked Photoshoot	<input type="checkbox"/>	£21.99
**Naked Videoshoot	<input type="checkbox"/>	£21.99
Naturism in Hungary	<input type="checkbox"/>	£16.99

Naturism UK	<input type="checkbox"/>	£21.99
Once we were Naked	<input type="checkbox"/>	£16.95

Perfect Exposure	<input type="checkbox"/>	£19.99
------------------	--------------------------	--------

Shoot Nude in the Nude	<input type="checkbox"/>	£14.99
Simone and 1000 flowers	<input type="checkbox"/>	£19.99
Summer in Holland	<input type="checkbox"/>	£26.95

**Sunkissed Cover Girls	<input type="checkbox"/>	£21.99
Texas	<input type="checkbox"/>	£26.95
Treasured Island	<input type="checkbox"/>	£21.99

Why Go Naked	<input type="checkbox"/>	£21.99
Winter in Holland	<input type="checkbox"/>	£21.95
Freedom of Naturism	<input type="checkbox"/>	£21.99

Lazily Languedoc	<input type="checkbox"/>	£21.99
Art of Nude Yoga	<input type="checkbox"/>	£19.99

DUETS:

H: Holland**	<input type="checkbox"/>	£32.95
C: California	<input type="checkbox"/>	£32.95
F: Florida	<input type="checkbox"/>	£32.95

NEW!

Formentera naturally	<input type="checkbox"/>	£21.99
----------------------	--------------------------	--------

NEW!

Free Sun Naturally	<input type="checkbox"/>	£21.99
--------------------	--------------------------	--------

IN STOCK SOON:

NEW!

Nude Aquacise (ANWO5)	<input type="checkbox"/>	£19.99
-----------------------	--------------------------	--------

**\*\* Subscribers can claim £1.00 off this video - orders on this form ONLY - tick box if claiming**

PAL ☐ SECAM ☐ NTSC ☐

NO REFUNDS/SWOPS (EXCLUDING STATUTORY RIGHTS)

### BOOKS/OTHER ITEMS

As nature Intended	£23.50	<input type="checkbox"/>
California Nude Beaches	£15.50	<input type="checkbox"/>
Canada naturally	23.99	<input type="checkbox"/>
Family Naturism in Europe	£23.99	<input type="checkbox"/>
Family Naturism in America		
(hard back)	£28.50	<input type="checkbox"/>
Fun in the Sun 1	£20.00	<input type="checkbox"/>
Fun in the Sun 2	£20.00	<input type="checkbox"/>
INF Guide 1996/7	£15.99	<input type="checkbox"/>
Naturist Guide to Britain	£13.50	<input type="checkbox"/>
Naturist Guide to Europe 1	£9.50	<input type="checkbox"/>
Naturist Guide to Europe 2	£9.50	<input type="checkbox"/>
North American Guide to Nude		
Recreation	£23.99	<input type="checkbox"/>
Nude as a Newt	£7.90	<input type="checkbox"/>
Nudist Mags of the 50's and 60's :		
Voume 1	£23.99	<input type="checkbox"/>

Volume 2	£23.99	<input type="checkbox"/>
Volume 3	£23.99	<input type="checkbox"/>
Volume 4	£23.99	<input type="checkbox"/>
Nudist Nudes	£14.99	<input type="checkbox"/>
Nudist Way	£10.50	<input type="checkbox"/>
Living Sculpture	£8.00	<input type="checkbox"/>
Shameless Nude (h/back)	£28.50	<input type="checkbox"/>
As Shadows Fall	£10.95	<input type="checkbox"/>
Therapy, Nudity and Joy	£25.20	<input type="checkbox"/>
Hot Springs & Hot Pools of the North		
West (America)	£13.99	<input type="checkbox"/>
Hot Springs and Hot Pools of the South		
West (America)	£13.99	<input type="checkbox"/>
Beyond Nakedness		
(limited stock)	£16.50	<input type="checkbox"/>
Inland Free Sun	£3.00	<input type="checkbox"/>
Anthology of Erotica (h/back)	£11.00	<input type="checkbox"/>

**Note: Minimum credit/debit card payment = £5.00**

**SALE! SALE! SALE! ALL LIMITED STOCK! STOCKING FILLERS!**

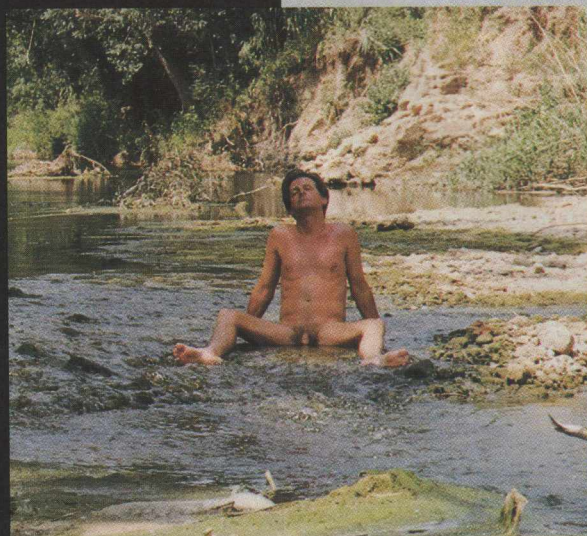
**IMPORTANT NOTE: As these following items are all limited stock items, payment is only acceptable by credit or debit card. NO CHEQUES/PO's**

Betty Page - Queen of Pin up	£7.00	<input type="checkbox"/>
Jeux de Dames Cruelles	£10.00	<input type="checkbox"/>
Sex for One (book) Betty Dodson	£6.00	<input type="checkbox"/>
Black Ladies	£10.00	<input type="checkbox"/>
Beefcake	£8.00	<input type="checkbox"/>
On the Wings of Eros	£7.00	<input type="checkbox"/>
Better Sex through Chemistry	£5.00	<input type="checkbox"/>
Game: Rude Gestures	£6.00	<input type="checkbox"/>
Game: Sex Maniacs Card Game	£5.00	<input type="checkbox"/>
Cassette: The Kama Sutra	£6.00	<input type="checkbox"/>
Cassette: Talking Sexual Fantasies	£6.00	<input type="checkbox"/>
Deluxe Money Belt	£2.00	<input type="checkbox"/>
CD Shiny Music	£5.00	<input type="checkbox"/>
Game: Sexual Lies 6 1/2"	£5.00	<input type="checkbox"/>
Game: Pass Out	£4.00	<input type="checkbox"/>
6 Bare Cheek Greetings Cards	£1.50	<input type="checkbox"/>



# NATURE'S BEST-KEPT SECRET

Across the Channel they recognise the connection between naturism and the environment. Mike Gregor visits one French beach where man and nature work in harmony



Most of us enjoying a naked lifestyle consider we take particular concern over the environment we live in. This is true not just of Great Britain but all over the world. Wherever there is naturism, there is a respect of nature which is recognised as an inherent and important part of the naturist movement.

Unfortunately, our attitude isn't always recognised by the authorities. For example, Studland Bay in Britain is a constant battlefield between naturists and The National Trust who are under the general misconception that naturist occupation will damage the environment.

In France almost exactly the reverse is true and it's quite common to find properly authorised naturist facilities deliberately placed in or adjacent to protected natural areas. One of the most beautiful and tranquil of these spots that we have visited recently is located close by to Argeles Sur Mer, a little seaside town at the very western edge of the French Mediterranean

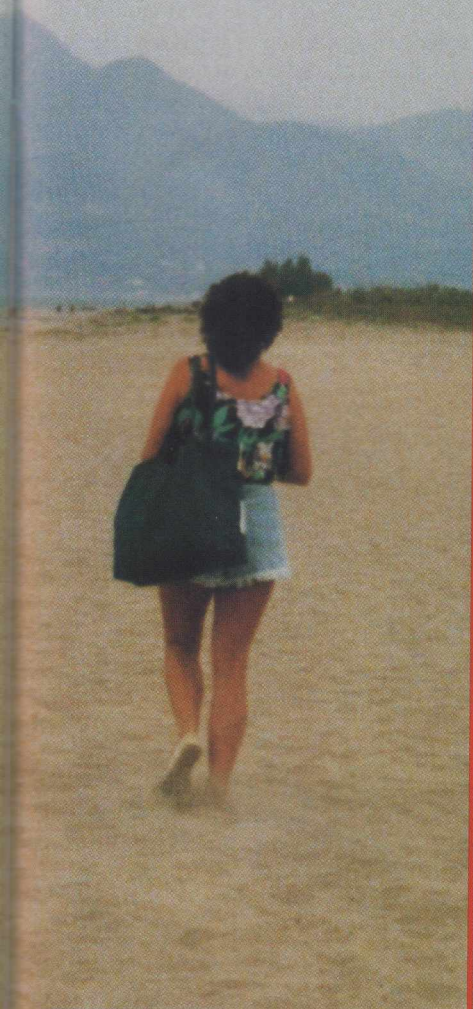
coastline (actually Argeles, in common with almost every other resort in this part of the world, has its very own stretch of naturist beach, but the one we liked best is a little further).

In 1984, the French Ministry of the Environment created a huge protected area within the coastal plains and woodlands bordering on both sides of the river Tech at the point where it begins its short run into the sea. Called the "Reserve Naturelle du Mas Larrieu", this interesting and varied landscape supports a huge number of animals, insects and birds, including several rare species. Shortly after, the local town council authorised the whole beach fronting this special protected area as a proper naturist facility.

There are three ways to reach this beach, but the easiest and best of them is via the northern side of the river. Take the sign for Bocas du Tech at the small roundabout on the N81 between Argeles and St Cyprian and



**“One of the most beautiful and tranquil of these spots that we have visited recently is located close to Argeles Sur Mer”**





follow this little winding road for about one kilometre. This turns into a well-made track at the end of which is a large free car park.

From there it is a short walk either directly onto the beach or alternatively by the longer and arguably more pleasant route through one or other of the little trails that run inside the nature reserve. Just 100 yards or so from the car park and right on the beach is a very useful snack bar and restaurant called La Corrette.

Wherever you actually decide to park up it's just as easy to explore the other side, because although the river is wide and impressive for most of its journey, you can easily wade across it at the very end where it flows into the sea.

Mas Larrieu is a truly tranquil and peaceful place which incorporates just about every imaginable piece of landscape. The wide soft sandy beach, almost two kilometres in length, stretches both ways into the distance. On the other side of the dunes, little woodland paths run through

the luxuriant forest reserve where the grassy banks of the slowly flowing river Tech turn into tiny miniature beaches as it begins its run into the sea. Behind all this, and forming a beautiful backdrop to the whole scene, is a most splendid view of the distant mountains of the Alberes Massif.

The river is teeming with fish and I was amazed to see them leaping two feet or more out of the water in front of me. I learnt later they were jumping mullet, common in the region and good to eat. It is not usual to see a fair number of textile fishermen at the end of the river, who in fact take no notice whatsoever of the naturists.

The pure sea air which mingles here with the scents and smells of the unusually varied river forest background is guaranteed to invigorate even the most stressed out individual and it was no surprise to discover this superb place has been accorded with a three star top rating by one naturist magazine. ■■■

**“Mas Larrieu is a truly tranquil and peaceful place which incorporates just about every imaginable piece of landscape”**



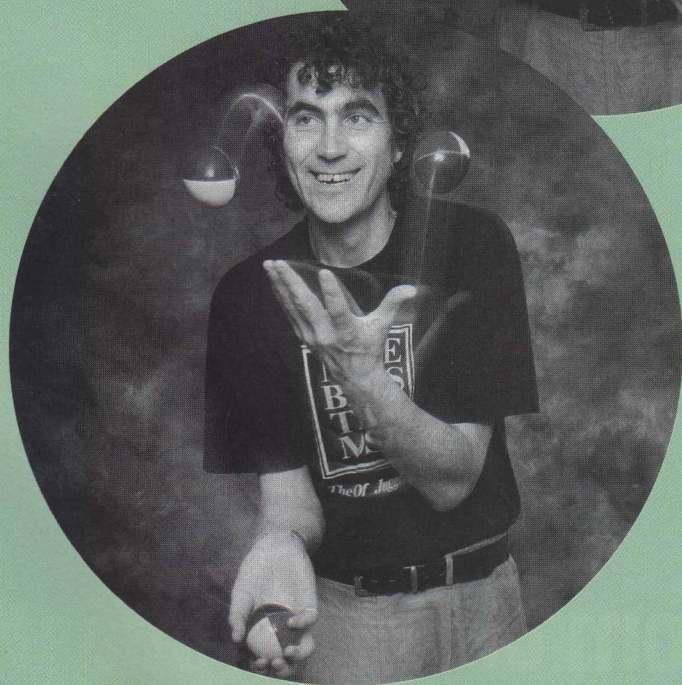
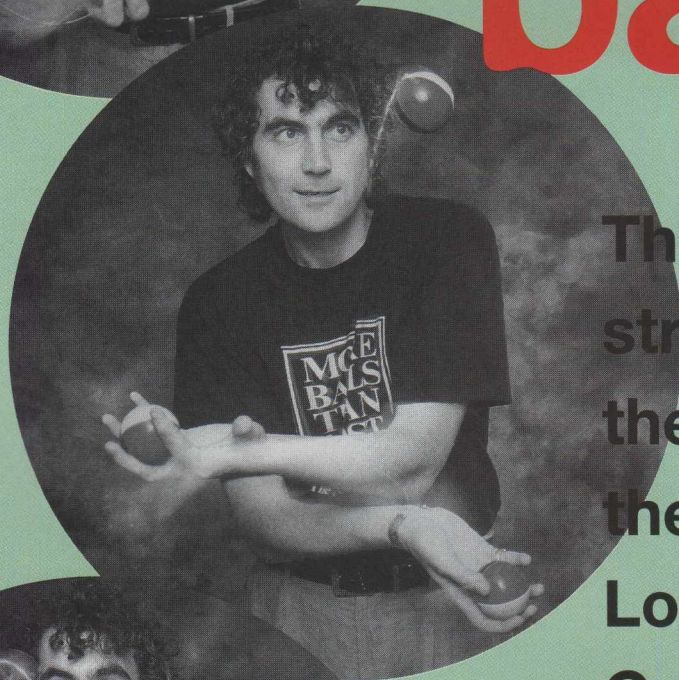
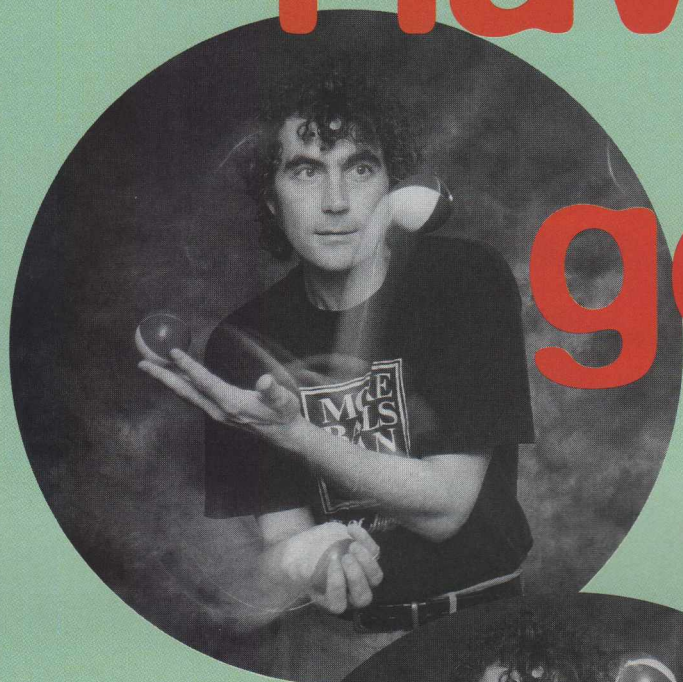




**Naked living from coast to coast**



# Have you got the balls?



**There's a new stress-relieving therapy sweeping the City of London. Mark Carlton finds out why high fliers are looking to the East for more than the Nikkei Index**



Joanne swivelled her office chair and leant back from her computer terminal. She could feel the muscles in her neck tensing up and the bones creaked when she turned her head. She'd been working non-stop at the accounts for two-and-a-half hours. She could feel her eyes getting tired and itchy too.

But instead of breaking off and just going to the machine to grab a coffee, she pulled open a drawer in her desk and took out three juggling balls. First she threw the three thuds in a continuous cascade in front of her and then did some tricks: the dummy elevator, rainbow cross and see-saw. After 10 minutes she felt more relaxed and returned to her work.

Joanne works as a commodity broker in a sober office in the City of London, "full of suits" as she refers to her colleagues. But perhaps the most surprising thing about her juggling break was not that she was doing it at all but that no one else even looked round in surprise. The stuffy shirts-and-ties had got used to it, and some of them had taken their cue from her and even bought juggling balls for themselves. This latest anti-stress craze was spreading.

"Computers are the new office ogre," Joanne told me. "They are the biggest threat to my health and I had to do something about it. I am a naturist and at the weekends love to go down to the club to relax but during the week, of course, that's not possible. I'd heard that juggling was taking off in City firms, took a few lessons and hey presto, now I'm a juggler. It's fun, and I feel better."

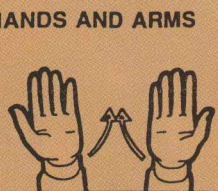
Dr Doreen Miller, researcher into health in the workplace, confirms that the change in eye focus, use of different muscles, and shift in posture are wonderful body relaxants. She too sees the computer as the health scourge of the Nineties. "It confines the body's movement like never before," she said. "The whole screen culture - and by that I mean television, videos and computer games too - is causing widespread obesity. In the old days, most people used their bodies in the workplace - even walking off to do a spot of photocopying or delivering bits of paper helped. Now they sit for hours in front of computers using just a few muscles in the fingers and hands and the body is screaming out because it loves to move. The stress is caused by non-movement."

Bleak talk from the experts! So what

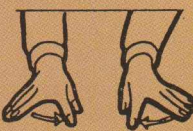
## PAUSE GYMNASTICS

These exercises will decrease the likelihood of muscular soreness, back and neck strain and discomfort in the arms and hands. It also helps to have breaks away from the keyboard during the day.

### HANDS AND ARMS

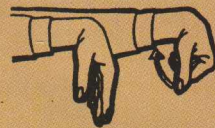


1 With forearms rested, turn palms up then down.



2 With fingers straight, spread apart then together.

3 Touch each finger to thumb in turn. Repeat sliding finger tip to base of thumb.



4 Bend wrist to 90° fingers straight — make a fist.

### HEAD MOVEMENTS



1 Start: Head upright, relaxed. Lower chin, then return. Pause. Tilt head back, then return. Do not attempt full head circles as this can often injure the joints of the neck.



2 Shoulders still, head forward. Bend head towards left shoulder, then return. Repeat on other side.

### STRETCHES

stretch slowly to the point where you feel a mild stretching sensation, not pain, in each of the following

Repeat stretch 3 & 4 on both sides.

Have palm flat on chair to stretch forearm.



**REMEMBER:** — Always maintain correct posture  
— Ensure you have spells from keyboard work at regular intervals





### Contacts:

**Juggling balls available (lessons too) from: More Balls Than Most, MBTM (Giftware) Ltd, PO Box 41, Rickmansworth, Hertfordshire WD3 2BJ; tel: 01923 492525, fax: 01923 492599, e-mail: morbles@juggling.co.uk, Internet:www.juggling.co.uk**

**The British School of Oriental Therapy and Movement, 46 Whitton Road, Twickenham, Middlesex TW1 1BS; tel: 0181 744 1974.**

**The Employee Assistance Professional Association, 2 Dovedale Studios, 465 Battersea Park Road, London SW11 4LN, fax: 0171 228 0002.**

can be done to get our bodies moving again? Luckily, quite a lot.

It's not only juggling that's gripped Joanne's office. Stress balls - squidgy objects, often with little rubber spikes, are just as popular. All you do is hold them in the hand and press them several times and they bring back feeling as well as giving other muscles in the hand a chance to exercise.

Something called pause gymnastics gives the body much-needed exercise while still sitting in front of the terminal. Wrists, hands and fingers are given little manoeuvres to do, the head is lowered to the left, then to the right (never do full head circles as this can injure the joints of the neck), and stretching exercises give the arms some much-needed attention.

Another thing that helps to take the strain is good old breathing, well, breathing deeply to be exact. Take five deep breaths and hold for ten seconds each time, while sitting still with your back straight. This slows the heart beat, reduces blood pressure and generally soothes the body.

Some entrepreneurial firms have watched the

rising stress levels in offices across the land and seen the main chance. "What if we go into the offices and offer anti-stress treatment on location?" they asked. For those who have launched in, it has proved to be a winning formula.

One such firm is the British School of Oriental Therapy and Movement in Twickenham, Middlesex. Under the guidance of Deborah Byrne, small teams of shiatsu practitioners regularly visit offices and give people working on computers a 20-minute shiatsu session, charging £6.

"Before going into an office we have to talk it through with management," said Deborah. "Initially they are suspicious and treat us as cranks. What often swings it in our favour is when we give the personnel manager a free trial run of shiatsu and he or she feels the benefit. They also find that staff work better after having shiatsu. And there's another thing: office environments, with all their straight lines, hard edges and shining surfaces are severe places these days, and people hardly ever touch one

another. That's stressful. If you get some gentle softies like us coming in, dressed in floppy gear, that changes the tempo and can in itself be incredibly relaxing."

What is shiatsu? Basically, it's a mixture of acupuncture and massage. Pressure is applied to the upper body along the same channels as acupuncture, and manipulation and stretching are used to correct posture or release areas of tension and pain. It can be applied quite strongly - you certainly feel it. Like acupuncture, it gets the energy going again internally and this stimulates the clapped-out nerve endings and skin. It can dispel tension and remove fatigue, allowing the body to reach a state of rest and relaxation. At its best, it is nourishing the body with its vital food.

But what if all these stress remedies fail, what can our overloaded computer operator do then? One answer is counselling and a growing number of employers are making this available to their workforce. Firms have been shocked to learn that 67 per cent of professional and management staff felt stress had increased in the past five years. Now the let's-talk-about-it method is catching on fast: teachers, police forces and even London's black cab drivers have counselling services laid on. Telephone hot-lines are also becoming an increasingly common part of employee assistance programmes.

Now it's Friday afternoon (Poets' Day as we used to call it in the office - piss off early, tomorrow's Saturday!) and Joanne is winding down, collecting her things together. "Another week over and I've survived the office, thanks to my balls," she says. At the weekend she plans a long walk in the country (walking is another great anti-stress treatment), some love-making with her boyfriend (can't beat that one!) and, of course, a trip to the club.

Which leads me to the final brilliant way of beating computer fatigue: naturism, because it lets the body breathe. Joanne knows that, so do I and so do you. But if only a whole lot more people knew its benefits. Then we wouldn't have to worry about the computer and the big new danger it presents to our health. **LEE**



# Got a Question?



...then  
just pick up the phone!

<b>H&amp;E Piercing Guide</b>	0891 805 412
A guide to practices and places	
<b>Tattooing</b>	0891 805 413
A guide to practices and places	
<b>Marianne</b>	0891 805 414
Tells you more..	
<b>Vanessa</b>	0891 805 415
News from far away	

<b>We Want Your Body</b>	0891 805 429
How to cope with wife swapping	
<b>Am I gay?</b>	0891 805 421
Advice on this important question	
<b>Am I a lesbian?</b>	0891 805 422
Advice on this important question	
<b>How to find a (gay) partner</b>	0891 805 423
The right person for you's just round the corner	

<b>Keeping Your sex Life interesting</b>	0891 805 434
More facts and information	
<b>The Safe Way to Gay Sex</b>	0891 805 424
Better safe than sorry...	
<b>Threesomes - are they worth it?</b>	0891 805 431
More facts and information.	
<b>Is One of us Bi-Sexual?</b>	0891 805 428
Helpful facts for this difficult problem	

<b>The Safe Way to Lesbian Sex</b>	0891 805 426
Your questions answered	
<b>S&amp;M Safe Sex</b>	0891 805 427
Your questions answered	
<b>The G Spot and Where to Find It</b>	0891 805 432
More information on this elusive spot	
<b>Naturist Centres and Beaches in Scotland, Ireland and Wales</b>	0891 805 416

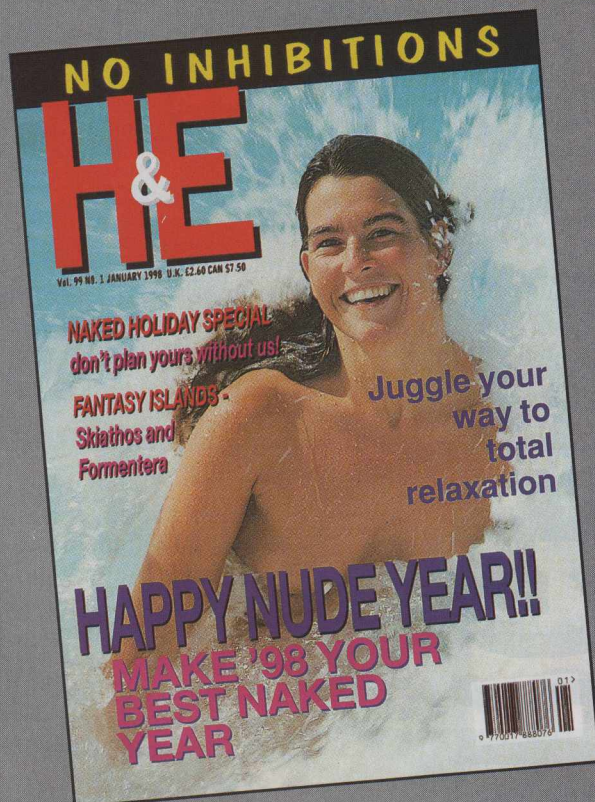
<b>Some of your old favourites...</b>	
Naturist Beaches and Clubs in Britain	0891 805 417
North	0891 805 436
West	0891 805 437
South	0891 805 438
East	0891 805 439
Naturist Beaches and Clubs in Europe	0891 805 433

<b>H&amp;E Guide to Sex and Gratification</b>	0891 805 418
<b>H&amp;E Guide to Depilation</b>	0891 805 441
<b>H&amp;E First Time Confessions</b>	0891 805 447
<b>Sex and the Naturist</b>	0891 805 449
<b>The H&amp;E Video Hot Line</b>	8091 805 448

<b>Medical Advice Lines</b>	
How to overcome Impotence	0891 805 451
Premature Ejaculation	0891 805 452
Masturbation Male	0891 805 453
Masturbation Female	0891 805 454
Oral Sex Male	0891 805 456
Oral Sex Female	0891 805 457
Sexual Positions	0891 805 458

<b>Anal Sex and its Dangers</b>	0891 805 459
Size, Is It Important?	0891 805 446
Back Disorders	0891 717152
High Blood Pressure	0891 717153
Slimming products	0891 717167
How to Live With Large Breasts	0891 805 442
How to Live with Small Breasts	0891 805 443

24 hours a day. Calls charged at 50p per minute at all times.  
Calls must be made from a push button phone and  
users must be a minimum of 18 years of age  
08975 Numbers charged at £1.00 per minute



## Don't Forget - Reserve Your Copy Of H&E Now

INTERNATIONAL  
**H&E**  
MARKETING

**"The unique naturist  
leisure magazine"**

## Customer's Order Form

*Fill in this form and hand it to your newsagent*

Please reserve a copy of H&E magazine for me  
every month until further notice

☐ I will collect

☐ I would like it delivered to me at home

Name.....

Address.....

.....

.....

..... Postcode.....

**Note for Newsagent:** H&E should be available from your local  
wholesaler. If not, please contact us on 0181 983 9969.



# DIANA AND GEORGE



**"I think I've chosen a bad time to become a naturist. I started looking at your magazine just a couple of months ago. I want to join in - but I can't see the point of joining a club in the winter. What does everyone do if it's cold? Do clubs stay open?"**

**G:** Well, I think there are a lot of reasons to join in the winter! For a start, you can get to know people at the club and therefore feel more involved in what's going on by next spring. Also, most places do have some facilities, be it a warm cup of tea in the club house at one extreme, or a fully covered indoor pool and indoor complex at the other.

**D:** Yes, club naturism is more than just stripping off in the heat! If that's all you want to do, then you might as well forget the clubs altogether and just go on nude holidays or go to the beaches, or your own back garden if it's suitable. Not all clubs stay open throughout the year, but most do and some offer really good facilities and a social scene as well. Many organise swim and sauna nights at local pools as well.

**G:** And we shouldn't forget here to give a plug for our own H&E place, of course, at Christmas Pie. There are workshops held there on a regular basis on a variety of topics, as well as social events in the winter. Most are for members only and if you'd like to know about them, then write in to the usual New Freedom address asking for details of Christmas Pie to be sent.

**"Both myself and my wife**

**have toyed with getting officially involved with a club but a chance conversation with a neighbour has made us worry. The subject of rituals and spells and so on came up in the general course of a conversation, and our neighbour said that they'd heard that lots of naturist clubs held rituals. Is it true that there are a lot of witches among naturists?"**

**G:** It's the first I've heard of it! I suppose by the laws of probability that there are naturists who are also witches (maybe they'd like to write in and confirm this.) There are probably also many other sorts of cults or religions, or whatever you like to label them, represented too. But as for "lots holding rituals" I think I can safely say that's a load of old codswallop.

**D:** I have heard of only one event at a club in all the years I've been involved in naturism. And, come to think of it, that was a rumour picked up second hand anyway. I suspect your neighbour has been reading too many scandal rags at the weekend. Just go ahead, ignore the neighbour and try out the clubs for yourselves. Rest assured you will not be pounced upon and enticed into the woods for a spot of Magik!

**"We joined a club this last summer. We both enjoyed it and met a couple who live quite near us. We'd give them a lift or they'd give us**

**a lift and that worked well. However, now that we don't go regularly to the grounds any more, they keep turning up at our house for social visits. At first we didn't mind - we get on with them quite well, but now it's becoming a nuisance. I dread hearing the doorbell on a Saturday morning. How can we stop it?"**

**G:** Ignore the bell.

**D:** Bit like you do, my dear son? So we have to rush down and answer it only to find it's someone for you. . .

**G:** No bickering thank you. I think a bit of communication is called for here between the two couples. It's so easy for these matters to get out of hand, when all that is needed is for one of them to open their mouth and tell the others that they're prefer them to ring first to see if it's convenient.

**D:** And then if that doesn't work, be out on several occasions when they call. They'll soon get bored.

**G:** And if that doesn't work, then start turning up at theirs at really peculiar times - midnight, or five in the morning.

**D:** Not unlike your friends. . .

**"Many people would count me lucky, I think. I met a girl last year and she was quite happy to go naturist. We went to the beach in the summer and visited a couple of clubs on open**





days too. She and I have split up now. We're still friendly, but I'm concerned about next year. I can't make up my mind whether to try and make a go of it as a single male once again, or whether to ask Kelly along. I don't want people to think we're a couple."

**G:** Apart from you making up your mind - has it occurred to you that Kelly may not even wish to accompany you anymore? Have you asked her?

**D:** You seem to have a very strange attitude. It seems that you just think it would be awfully useful to have a girl on your arm when it suits you, but you don't want your style to be cramped by people thinking you're together!

**G:** As a first step you could try asking Kelly what she wants to do. My guess is that you'd be best off starting again on your own, and then, if Kelly decided to join you at any time, that'll just be an added bonus.



Don't get hung-up on your hairs!

"We're looking for a quick break to somewhere warm in the winter where we can also go nude without worrying about someone coming along at any minute. Any suggestions of where we might try?"

**S:** The bath tub.

**G:** Ha, ha. I think they have a better destination in mind. If you want to go overseas, get hold of the winter breaks leaflet from Peng Travel (tel: 01708-471832). Costa Natura springs to mind as a possibility.

**D:** Or, if you want to stay closer to home, check out a Centre Parcs place. Nudity is only allowed in the spa areas (and of course your own chalet) but it does make for an invigorating and relaxing short break.

**D:** But don't be surprised if she pushes off and leaves you to your own devices half way through the day.

"Am I normal? I have very thick pubic hair which is extremely bushy and extends to my navel. The hairs are very dark and very noticeable. I find it really embarrassing to wear a bikini or a swimming costume. My mum says I am worrying over nothing."

**D:** Well, you are worrying over nothing, but then we all worry over things that really are totally

unimportant!

**G:** Why not take a pair of scissors to yourself and trim up a bit if you feel conspicuous?

**D:** Or treat yourself to a bikini line wax at a beauty salon.

**G:** Or find out if there's a naturist place near you and go naked. That's a sure-fire way to reassure yourself about your body. Humans really do come in all shapes and sizes.

**D:** And degrees of furriness. . .

If you'd like George, Diana and Stuart to voice their opinions on your dilemma, then write in to Diana & George, New Freedom Publications Ltd., Bow House Business Centre, 153 - 159 Bow Road, London, E3 2SE. Enclose an sae if you'd like a personal reply.

#### Get advice from our new medical lines

How to overcome impotence	0891 805 451
Premature Ejaculation	0891 805 452
Masturbation Male	0891 805 453
Masturbation Female	0891 805 454
Sexual positions	0891 805 458
Size, is it important?	0891 805 446
Anal sex and the dangers	0891 805 459
Oral sex Female	0891 805 457
Oral sex Male	0891 805 456
New Speak to Marianne on	0891 805 414
New Am I gay?	0891 805 421
New Am I a lesbian?	0891 805 422
New How to find a gay partner	0891 805 423
New The safe way to gay sex	0891 805 424
New Threesomes, are they worth it?	0891 805 431
New Is one of us bisexual?	0891 805 428
New The safe way to lesbian sex	0891 805 426
New S&M safe sex	0891 805 427
New The G spot and where to find it	0891 805 432
New Guide to depilation	0897 555 236
New Guide to Anal Sex	0897 555 238
New Guide to Male Menopause	0897 555 237

All calls are charged at 50p/min (0891) and £1/min for 0897 numbers at all times. All callers must be a minimum of 18 years of age.



# Sun, sea and fun in . . .

## South - west France

There is an official beach at **Grayan L'Hopital** that stretches south to Motalivet-les-Bains. You get on to the beach four kilometres north of the village. The naturist section extends for one and a half kilometres. Leave your car on the road at Depee and walk clothed following the green signs from Royan ferry at Pointe de Grave. Take the D101 and turn right before you reach Grayan for the naturist centre.

**Montalivet Euronat** is an excellent place as a base for the surrounding area. There are over 350 spaces for tents and over 300 spaces for caravans. Parking, meals and toilet facilities are provided.

At **Hourtin** there are several opportunities for nude bathing. At Le Pin Sec most people strip off north of the beach access at Coastal Camping Le Pin Sec. Caravan Club. You'll need clothes to walk on this site but 100 metres south of the camp you can go naked. Apparently, to the north and south of Hourtin there are access lanes to nude bathing. Carcans Maubuisson has clean sea, dunes and seaside naturism. Take care of the rough sea when swimming.

The beaches near the naturist centre of **La Jenny** are good for naked bathing. Go from Le Porge to Le-Porge-Ocean and park. Parking and picnic facilities are good on this well tolerated beach. Again, at **Le Porge** near the Lauros access there is naturist potential. Avoid the central beach and a long walk might be necessary to reach nude bathers (about 40 minutes from La Jenny Centre).

If you continue south on this peninsula from Ares you will come across an unofficial naturist beach two kilometres before **Le Cap Ferret** hamlet. Walk west for a short way.



**Montalivet Euronat** is an excellent place as a base for the surrounding area. There are over 350 spaces for tents and over 300 spaces for caravans. Parking, meals and toilet facilities are provided.

**Naturist beaches and clubs in Europe**  
0891 805 433

All calls are charged at 50p per minute at all times.  
Calls must be made from a push button phone  
and users must be a minimum of 18 years of age.



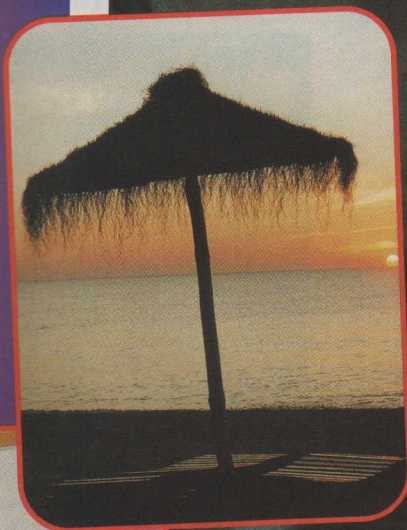
# COMING NEXT MONTH

**Vera Playa -  
Spain's naked  
niche**

**All night  
sauna;clubbing  
in London**

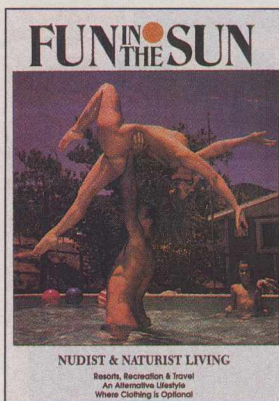
**Rich Pitchings -  
French camping  
with style**

**One man's  
snoring hell!**

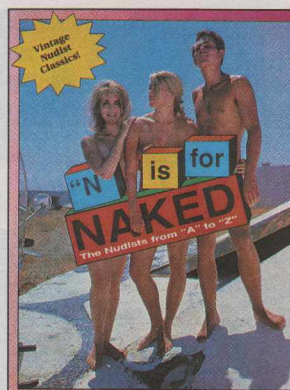


**Out on 22 - 1 - 98**



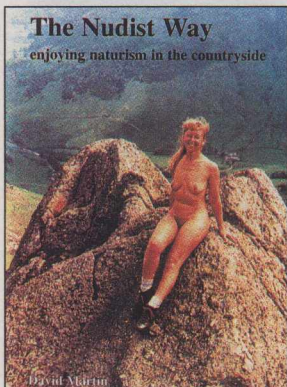


**FUN IN THE SUN**  
With numerous classic photos (mainly black & white) and more up to date images, this American import celebrates the joy of nudity in a social environment. Chapters include the psychology of clothes, the nudist novice, answers to ticklish questions, the nude sculpture of Gustav Vigeland, and the 'why' and 'who' of American nudism. **£20.00 inc UK p&p**



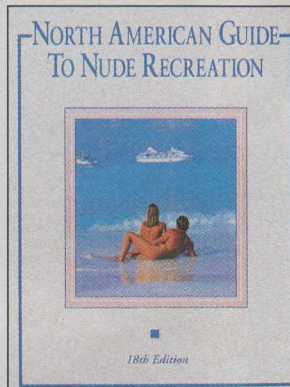
**'N' IS FOR NAKED**  
This imported book from the USA takes a light-hearted look at a nudist alphabet through images and vintage photos of naturists (colour and mono), Enjoy this Ed Lange classic from "A" is for Air through to "Z" if for Zebra (yes, a nude one...) And "N"? No, it's not for naturism. It's for New Jersey.... **£20.99 inc UK p&p**

## ORDER YOUR BOOK CHOICES ON PAGE 59



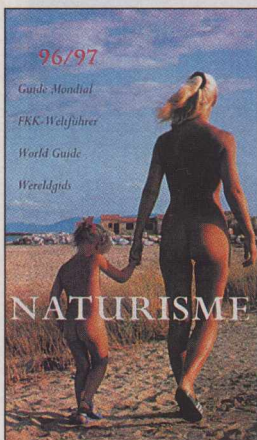
**David Martin's THE NUDIST WAY**  
David Martin has done much to help spread the word about naturist possibilities in the UK. The Nudist Way presents hundreds of opportunities to go naked in the countryside and advises how best to go about it.

**£9.50 inc UK p&p**



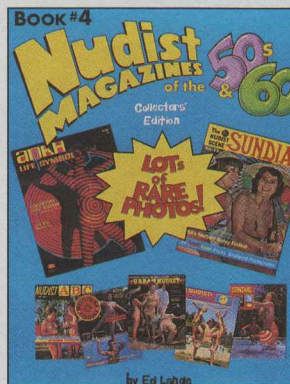
**NORTH AMERICAN GUIDE TO NUDE RECREATION**  
Stunning photography throughout in full colour in a luxurious volume all about north America. You don't need to be going there to enjoy this book! It's quite simply a superb celebration of naturism at its best and will be a pleasure to own. **£23.99 inc UK p&p**

If you prefer, leave an order on our answerphone 0181 983 9969 (leaving Credit Card details)



**INF World Guide NATURISME**  
The 'official' world guide from the International Naturist Federation. Using multi-lingual and visual descriptions, this details all the affiliated clubs throughout the world and gives outline details on beach opportunities for social nakedness

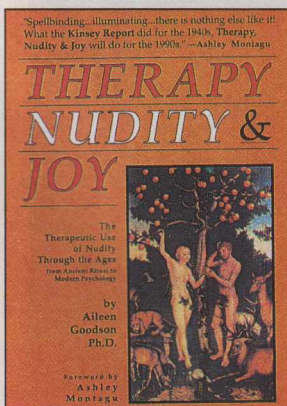
**£15.99 inc. UK p&p**



**NUDIST MAGAZINES OF THE 50'S AND 60'S**  
Available in 4 volumes.  
Vol 1: The early magazine pioneers with cover photos and descriptions, nostalgia features  
Vol 2: More of the same with features reprinted from early mags.  
Vol 3: Excerpts from the 60's (and a cover of H&E 1965)  
Vol 4: More from the 60's.

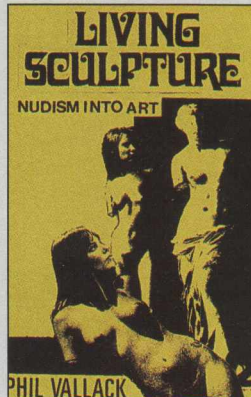
**Each volume: £23.99 inc UK p&p**

## NEW FREEDOM BOOK SELECTION



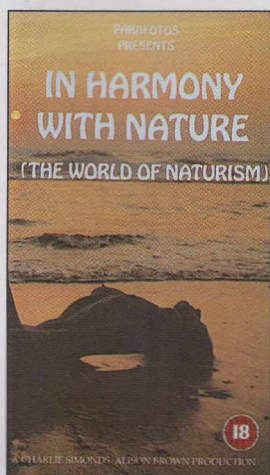
**THERAPY, NUDITY AND JOY**  
"An exploration of body shame"  
How the guilt imposed in childhood may manifest in loss of self-esteem, stress and intimacy problems. Why we are attracted to nude beaches and resorts - and the role they play in our lives. Hardback, 300+ pages

**£25. 20 inc UK p&p**



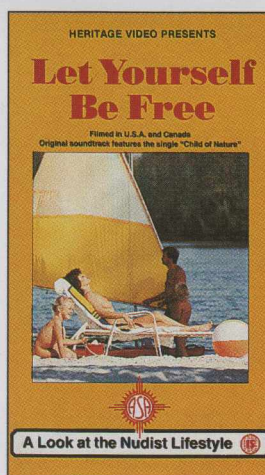
**LIVING SCULPTURE**  
A look at Bas Relief sculpture through Phil Vallack's wandering, but highly readable style! Phil - who put together the forerunner to the Naturist Guide Books has combined his two great loves of art and nudism into one volume here. Dip in and be entertained - and learn something too! **£8.00 inc UK p&p**





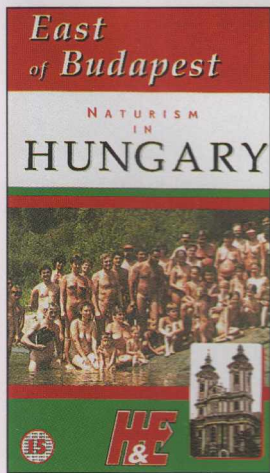
**GENERAL NATURIST**  
Charlie Simonds and Alison Brown made over a dozen films about naturism around the world. In this film they present a lively look at naturism and visit naturist resorts in the UK, France, the Caribbean, the Greek Islands, Spain, the Canaries and the Balearics. A good introduction to the fun of naked leisure. (approx 55 mins)

£21.99 inc UK p&p



**GENERAL NATURIST**  
This video is one of the most extensive productions undertaken by the American Sunbathing Association, exploring in detail the modern world of nudism. Filmed on location in USA and Canada, it offers a magnificent vista of contemporary nudism. Nudists extol the virtues of our lifestyle through a series of candid interviews. (approx 30 mins) £16.95 inc UK p&p

**ORDER YOUR VIDEO CHOICES ON PAGE 59.**



**HUNGARY**  
From the historic splendour of Budapest to the rural charm of the Hortobagy; from mediaeval Muslim Eger to Calvinist Debrecen there are naturist camps of every shape, size and constitution imaginable. Enjoy this series of glimpses into the naked lifestyle of those East of Budapest. (approx 47 minutes)

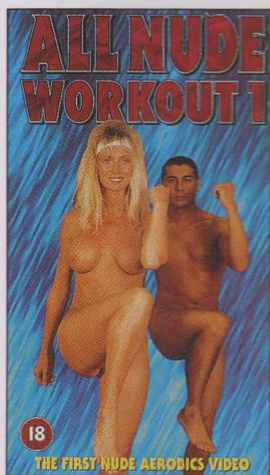
£16.99 inc UK p&p (UK)



**CALIFORNIA - USA**  
Someone once said "Anything you can do with clothes - you can do without." Find out if that's true in the first volume of Naked USA (California), featuring Hawaiian wedding, bareback riding, underwater swimming and Black's Beach. (Vol 2 also available - nude skydiving, Indian rituals, hot springs) both approx 60 minutes

Part 1 or 2 £21.95 inc UK p&p

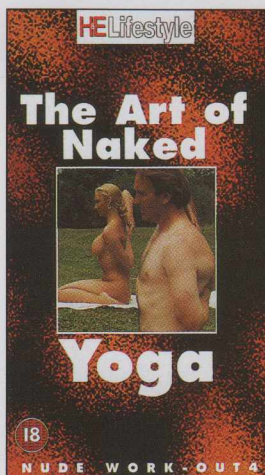
**If you prefer, leave an order on our answerphone 0181 983 9969 (leaving Credit Card details)**



**NAKED KEEP FIT**  
Want to get into shape and keep fit nature's way? Then try this, the first of the Nude Work Out series. Not only can you learn to shape and firm your body, you can feel encouraged by the other naturists taking part in the video work out. (Nude Work Out 2 & 3 - sexual fitness also available) (approx 55 mins)

Work Out 1 or 2 - £19.99 inc UK p&p

Work Out 3 - £26.99 inc UK p&p



**NAKED KEEP FIT**  
Yoga is a method of exercise designed to tone you up in body, mind and spirit! Learn with the H&E team in this first release from the New Freedom exclusive video series. The Art of Naked Yoga (part 1 - beginners) comes complete with a leaflet to guide you through the postures.

£19.99 inc UK p&p

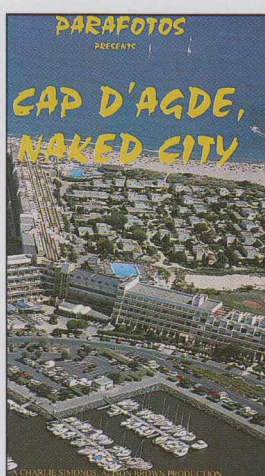
**SUBSCRIBERS SAVE MONEY - SPECIAL DISCOUNTS EVERY MONTH - SEE PAGE 59**



**VISTA BAHIA, IBIZA**  
Enjoy a visit to the delightful Club Vista Bahia Nature on Ibiza through the video lens of Charlie Simonds and his crew. It all starts out as the outcome of a naked hike in the countryside... Barely Balearic shows you a new naked side to the Ibiza experience!

(approx 55 minutes)

£21.99 inc UK p&p



**CAP D'AGDE, FRANCE**  
Take a look at the resort of naturist Cap'Agde, which at the height of the holiday season accommodates 40,000 naturists. You can shop, visit the bank, or go to the hairdressers without a stitch on - (as well as relax or swim of course!) Naked Cap d'Agde is a naturist phenomenon unrivalled in the rest of the world. (approx 55 minutes)

£21.99 inc UK p&p



**HE**



**Three's no crowd!**